

MEDICAL ADMONITIONS
ADDRESSED TO
FAMILIES,
RESPECTING THE
PRACTICE OF DOMESTIC MEDICINE,
AND THE
PRESERVATION OF HEALTH.
WITH
DIRECTIONS FOR THE TREATMENT OF THE SICK,
ON THE
FIRST APPEARANCE OF DISEASE;
BY WHICH
ITS PROGRESS MAY BE STOPPED, AND A FATAL TER-
MINATION PREVENTED FROM TAKING
PLACE, THROUGH
NEGLECT OR IMPROPER INTERFERENCE.

How best the fickle fabric to support
Of mortal man ; in healthful body how
A healthful mind the longest to maintain.

ARMSTRONG.

BY
JAMES PARKINSON.

IN TWO VOLUMES.

VOL II.

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1799.

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How well the title fits the subject.

Of most men; in healthful days how

A beautiful mind the longest to maintain.

ARRANGED

JAMES PARKINSON

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VOLUME I.

LONDON

Printed by C. D. V. P. 1801; John, 35, Fleet-street; and
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THE paroxysms of this tormenting disease are most commonly preceded, by a general uneasiness; the feet and legs are affected with numbness and coldness, and frequently also with a sense of prickling; the veins on the surface are also said to become unusually turgid, and the muscles of the legs to be affected with the cramp. But the circumstances which have been observed, most particularly to precede the attacks of this disease, are the changes which, for some little time before, take place in the stomach; this organ generally suffers a considerable derangement of its functions; the appetite being much impaired, and the stomach and bowels distended with wind, the consequence of digestion not being properly carried

on ; the appetite becoming, however, more eager before the attack.

According to the observations of the attentive Sydenham, the paroxysm generally begins about two o'clock in the morning. The patient, having gone to bed free from pain, is waked about that time with pain possessing commonly some part of the foot. Soon after this, comes on a coldness and shivering, which terminates in fever. The pain increasing, sometimes resembles that which might be expected to be produced by the stretching and tearing of the ligaments, or the gnawing of a dog ; at others, the parts seem to suffer the effects of a tight stricture, or considerable pressure, being so feelingly alive, as not only, not to bear the weight of the bed-clothes, but not even the heavy tread of any one across the room. In this miserable state the patient continues, tossing about the bed, in vain trying the effect of variety of posture to lessen his sufferings. At about the same hour of the following morning, the patient, in general, experiences a sudden mitigation of the pain, which he commonly attributes to the last position in which the limb was placed. Soon after this, a moderate

rate sweat coming on, he falls asleep, and, upon waking, finds that the pain is considerably diminished; but that the part which suffers is affected with a red shining swelling. The pain sometimes continues two or three days, increasing at night, and becoming more mild towards morning.

If, after the disease has thus completed its course in one foot, it disappears entirely, the patient regains the use of the foot, and experiences a most grateful change—strength and alacrity having taken the places of debility and languor. But it often happens, that, after the violence of the first attack has subsided, a second will be experienced in the other foot. In more inveterate cases, both feet, sometimes, are affected at the same time; and repeated paroxysms sometimes extend the sufferings of the patient for six weeks or two months, or even longer.

After the first attack of this disease, the patient is, in general, free from it for two or three years; but the intervals becoming shorter between every paroxysm, it often happens, that, at last, the disease seldom quits the patient, except for two or three months in the summer. As the strength of the patient becomes lessened,

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the paroxysms are accompanied with less pain than before; sickness and debility shewing, that the cause of this consists, not in a diminution of the gouty disposition, but of the powers of the system. When the paroxysms have recurred very often, the joints become stiff, and the limbs enfeebled, and, in many persons, concretions, resembling chalk, form over the joints, and unite with the circumstances just mentioned, in depriving the patient of the use of the affected limbs.

The above history contains a description of this disease, in its most common mode of appearance; or in that form which is characterised as regular gout. But it sometimes happens, that instead of the disease proceeding in this regular manner, a variety of anomalous symptoms arise, unaccompanied by those affections of the joints, which were wont to appear. This state of the disease is termed the Irregular Gout. All the various symptoms which occur in this state of the disease, cannot well be here particularised: those which have been most frequently observed, will, therefore, only be noticed.

When

When the head is the seat of the disease, giddiness, pain, loss of memory, &c. are the symptoms which occur, and which generally terminate in some fatal affection of the brain. Palsy and apoplexy may indeed be, sometimes, the consequence of a sudden translocation of the disease to the brain; and may therefore happen, without the occurrence of any previous head-ach, or any other symptom, from which the fatal termination might be suspected.

The lungs, as well as the heart, are also subject to these anomalous attacks; occasioning shortness of breathing, asthma, palpitations of the heart, faintings, and sudden death.

When the stomach and bowels are affected by this disease, a variety of troublesome symptoms arise; such as loss of appetite, sickness, flatulency, pains in the stomach or bowels, acid eructations, &c. Frequently, at the same time, the unfortunate sufferer experiences the most distressing dejection of spirits, his mind being possessed with groundless apprehensions and alarms.

Men are more subject to this disease than females; and those men are more especially liable to it, who are of a full and corpulent habit. A disposition to it seems sometimes to

be acquired, and at other times lost, by a difference in the mode of living. It seldom attacks those who live on a spare diet, and who avoid wine and spirituous liquors; those, also, who use much exercise, are mostly exempt from it.

Many suppose, that the attendance of a medical man, is, in this disease, entirely unnecessary; and that this must certainly be one of those cases, which may with propriety be committed to the care of the domestic practitioner, whose knowledge respecting this disease is not likely, they suppose, to be much exceeded by that of physicians themselves.

Physicians, indeed, do not pretend, either to an accurate knowledge of the nature of this malady, or to the possession of a specific, with which they are capable of removing it, with safety. But, in consequence of their knowledge of the laws by which the animal œconomy is regulated, and by repeatedly observing the progress of this disease, and the changes produced in it, by the various habits and constitutions in which it occurs, as well as the consequences resulting from the various means, by which its cure has been attempted; they are often enabled both to palliate the present sufferings of a patient,

tient, and to give him such directions for his management, as may not only lessen the frequency, and the duration of future paroxysms; but may even, sometimes, entirely prevent their recurrence; and, at the same time, secure the patient from experiencing any ill effects by the change thus induced.

These directions must ever be varied according to the difference of temperaments; the morbid state of the constitution, which requires to be amended; and those errors in the mode of living, which may have been the exciting cause of the disease. Instructions for the conduct of patients, in every particular case of this malady, would of themselves make a volume: it is not intended, therefore, to attempt more than to offer some general observations, by an attention to which, the ravages of this painful disorder may be sometimes lessened.

The treatment of the patient, during the paroxysm, should be directed by the medical attendant; who will be best able to judge and determine, according to the variety of circumstances, on the more proper plan. It may not, however, be amiss, to remark here, that the progress of the fit should be interrupted as little

as possible; but should the pain become excessively violent, recourse may be had to proper anodynes, the body being at the same time kept gently open, by some mild laxative.

The regimen, during the paroxysm, should be of such a kind, as will support the strength, without increasing the heat: broths, puddings, jellies, light meats, &c. are therefore proper. But spirits or wines must be carefully avoided, as well as salt meats, and all highly seasoned food.

When the fit is entirely gone off, the patient should consider himself as entirely free from the disease, and should earnestly set about preventing its return. This may be done, I am satisfied, by medicine alone; but, unless a due attention is paid to the exercise and regimen, another disease, and generally a more fatal one, will be induced. But if due attention be paid to the following admonitions, there is the greatest reason to believe, that the paroxysms may be rendered less violent, and less frequent; and that sometimes their return may be even entirely prevented, and that without occasioning any other disease. It is alone by a strict conformity to regimen, that this disease can be safely checked.

checked. To obstruct the course of the disease, and prevent the return of the paroxysms by medicine, whilst excesses and irregularities are permitted, is to create a diseased state of the system, and at the same time to hinder nature from instituting that process, by which that diseased state may be altered. But by carefully avoiding those injurious indulgences, the disposition to the disease is itself removed, and its renewal prevented.

The victims of this malady are generally those who have indulged their appetites with eating highly seasoned animal food, and drinking freely of fermented and spirituous liquors, particularly of wine; those who lead a sedentary life, who are distressed with anxious thoughts, or whose minds are considerably engaged in study.

The food of those who are subject to this disease should be plain and light. At breakfast they may take milk, raw or boiled; and at dinner, puddings, vegetables, and animal food in moderate quantities. Their suppers should be small in quantity, and composed of such substances as are neither heating nor difficult of digestion. Pickles should be entirely refrained from,

from, and acids of every kind should be used with great moderation. Spirituous liquors must never be drank, except in the smallest quantities, and considerably diluted. Wines, particularly those of foreign production, and even malt liquors, must be avoided with equal care.

Regular exercise is of the utmost service, in moderating the violence of this disease. Such exercise should be preferred, as being joined with amusement, serves at the same time to exhilarate the spirits; such are rural sports, as hunting, shooting, &c. or any mechanical employment, the execution of which requires some little attention of the mind.

Regularity in the hours of retiring to rest, and in rising, must be strictly adhered to. Late hours being exceedingly prejudicial, must be carefully avoided; as well as too long continuance in bed, which, by the debility it induces, is in the highest degree injurious.

It is a common observation, that the affluent are, in general, the subjects of this malady; it seldom happening, that those of the inferior class of people are troubled with it, except they have received it, as their reward for copying the follies and vices of their superiors in fortune.

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It is, however, by no means recommended, rashly to enter on any considerable change of former habits, especially if a great degree of debility has been brought on by former excesses, or by diseases. Indeed no such changes ought to be attempted, without due advice, after a full consideration of every attendant circumstance. But should it be deemed prudent thus to attempt the cure, the patient should well consider the advantages likely to be gained by his self-denial, and firmly resolve to give the plan a fair trial.

The necessity of a strict attention to regimen, in those who are subject to this disease, is so well and so forcibly inculcated by Dr. Cadogan, that I cannot resist the impulse of recommending the perusal of his treatise, to every one afflicted with this disease.

Nor can I here refrain from noticing the observations contained in a treatise on the Gout and gravel, by Mr. Murray Forbes; who has most ingeniously shewn, by reasonings upon established chemical facts, and by fair chemical deductions, that the gout is a disease proceeding from a redundancy of acid in the system.—

“That acids,” he says, “are greatly instru-

mental towards the production of gout, is an opinion which was founded upon observation, and has long been maintained. This disease, as well as gravel, has, in many cases, been attributed to an excessive use of acids. It has likewise been regarded as intimately connected with that state of the stomach, in which there is almost a perpetual generation of acid. At the same time, however, a variety of circumstances of a different kind have been enumerated as sources of it. If we examine with attention the condition of many in whom gout makes its appearance, we shall generally find, that those other circumstances have generally been productive of it, when they have had the previous effect of impairing the digestive faculties, and causing a consequent tendency to the generation of acid. Of this nature are intemperance, luxury, indolence, and voluptuousness. The disease frequently attends upon a habit of drinking, on account of the acids conveyed into the body by means of it. The tendency of different liquors to produce it, is not so much in proportion to their strength, as to the quantity of acid in their composition. This assertion is warranted by the experience of ages; the liquor
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in which acid predominates having been invariably considered, by the best authorities, as peculiarly predisposing to gout. Shallow of observation must be the man, who, accustomed to endure the pains of gout, has not become acquainted with the injury of acids. By immoderate indulgence in intoxicating compounds of any kind, by a life of luxury, by a state of indolence, and by an inordinate pursuit of pleasures, the powers requisite for the process of digestion are at last brought into disorder, and the contents of the stomach permitted to run into common fermentation. These, and other circumstances, which tend to vitiate the action of the stomach, and conduce, by reason of derangement, to the formation of acid, may be looked upon as remote causes of gout and of gravel."

Dr. Wollaston, in the Philosophical Transactions for the year 1792, has discovered, by a series of ingenious experiments, that the gouty matter contains the peculiar (lithic) acid which Mr. Forbes, in the foregoing passage, supposed to be generated in the system, and joined to the mineral alkali.

SMALL

SMALL POX.

The small pox appears under two very different forms, which are termed the distinct and the confluent. The mode of treatment of these being required to be as different as are their modes of appearance, they will be each treated of separately.

The distinct small pox is preceded, for a few days, by a sense of languor and weariness; and immediately before the coming on of the febrile state, frequent cold shiverings and transient glows of heat are perceived by the patient. The fever, which succeeds to this state, is accompanied by violent pain of the head and loins, and frequently with a severe oppressive pain at the pit of the stomach. These symptoms are much increased on the second evening of the attack, when the patient generally becomes exceedingly restless, and even delirious, through some part of the night; the skin burning with an uncommon degree of heat.

On

On the following day, the third day of the fever, the eruption is thrown out; the skin becoming less hot, and being moistened with a general perspiration.

The eruption which takes place on the face and limbs, generally precedes the eruption on the trunk, a few hours.

The eruptions, at their first appearance, are small red points, which, upon being closely examined, and felt by the fingers, will be found to form little eminences in the skin, which are, from their first appearance, separate and distinct from each other.

The pustules gradually assume a conical form, and on the fifth or sixth day begin to turn white on their tops; and by the eleventh day become entirely white, at which time the pustules acquire their greatest magnitude. Their bases are red and inflamed during the whole course of the eruption; but when the pustules are entirely filled they assume a brownish hue, their bases becoming, at the same time, paler. The pustules now shrivel, and are succeeded by dark coloured crusts. These in a few days fall off, leaving redness of the skin, and sometimes a small pit in those parts which they possessed.

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A tension of the skin, swelling of the face, and some difficulty in swallowing, generally accompany, even the mildest sort of this disorder, and sometimes occasion considerable inconvenience, where the eruption is numerous; these symptoms being generally proportioned to the number of the pustules. The fever, where the eruption is trifling, generally ceases when that is completed; but where the eruption is considerable, it continues during the process of suppuration.

The confluent small pox is preceded by a much greater degree of fever; the frequency and smallness of the pulse shewing, that the fever is of the low kind. The eruption appears also more early, is much smaller, and in greater numbers, the whole face often having the appearance of being possessed by erysipelatous inflammation. The spots assume a crimson colour: they do not rise like the distinct kind, but, remaining flat, and running into one another, they very much resemble the measles, during the first days of the eruption. As the eruption proceeds, little vesicles form on the top of the pimples.

A swell-

A swelling of the face and neck takes place at the commencement of the eruption, and becomes very considerable; but subsides about the tenth or eleventh day. In the distinct kind, the inside of the mouth and throat sometimes becomes swelled, in a slight degree; but in the confluent kind, this affection is generally very considerable, and is accompanied, in children, with a diarrhæa; and in adults, with a copious discharge of saliva. This is frequently so acrid, as to excoriate the mouth and throat; and, as the disease advances, becomes so viscid, as to be discharged with the utmost difficulty. The pustules, instead of being distended with whitish matter, as in the distinct kind, seldom rise to any height above the skin; and contain only a serous fluid, which in the more malignant cases, is commonly of a purple colour. This colour is occasioned by a mixture with the dissolved blood, which, in these cases, escapes at every outlet: from this cause also arise discharges of blood, by stool and urine. In this malignant state of the disease, by the same cause are produced purple spots, resembling flea bites, and bladders of dark coloured or limpid serum. These are the appearances distinguished by nurses by the names of

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of purples and white hives. When this species of the disease terminates favourably, the pustules, filling first on the face, and soon after on the rest of the body, begin to dry about the sixteenth day; the contained fluid then exuding, and forming a dark colored crust, which remains for several days. Ulceration generally takes place between them, whence frequently results considerable loss of substance, and disagreeable cicatrices.

The secondary fever, as it is called, which frequently comes on in this confluent kind, makes its appearance, in general, about the period of maturation; and is commonly accompanied by symptoms of a dangerous nature.

In those cases where the disease terminates fatally, the fever increases, the whole surface of the body becomes of a pallid hue, the pustules are flaccid, and the swelling of the head subsides, without that of the extremities succeeding. The patient is harassed with excessive anxiety and restlessness, which is soon succeeded by a delirious or a comatose state; respiration, at the same time, being performed with the greatest difficulty. Suffocation, or violent convulsions,

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at last puts an end to the life and sufferings of the patient.

The TREATMENT. In the distinct kind, where the eruptions are very few, and no particular symptoms appear, little more is required, than to regulate the diet of the patient, and to allow him to receive the benefit of free exposure to pure and cool air. The diet should consist of vegetable substances, as sago, panada, rice gruel, &c. milk, milk pottage, rice milk; and, when the eruption is completed, and supuration is taking place, a little broth and light puddings may be allowed. The drinks may be barley-water, toast and water, and bread tea, rendered grateful to the taste, by the addition of currant jelly, or the juice of lemons or oranges. Wines and spirituous liquors, however diluted, must be very carefully avoided; as well as all kinds of heating cardiac medicines, which are too frequently administered by family doctresses, with the intention, as they express themselves, of throwing out the disorder.

The treatment of the confluent kind requires much judgement in the physician, and even in the attendants. It will be unnecessary to treat,

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in a work of this kind, of the variety of medicines which will be indicated by the various symptoms of this dreadful disease. Since no one, who does not possess real medical knowledge, ought to be encouraged in attempting the management of a malady so full of danger.

The exertions, indeed, of the most intelligent physician, will be of little or no avail, unless the attendants are obedient and attentive to his orders. In no disease whatever, has ignorance and prejudice such sway, as in that which is the subject of the present section. In the first stage of this disease, it often happens, that the patient is put to bed, under a load of bed-clothes, in a room heated with a large fire, the fresh and pure air being, as much as possible, excluded: and, lest this should not prove sufficiently efficacious, the febrile state of the patient is further increased, by the heating cordials with which he is constantly supplied. Directed by similar ridiculous prejudices, the patient is not allowed a change, either of his body linen or bed clothes; but is obliged to wear, to the end of the disease, the same linen, which soon becomes uncomfortable, and even offensive, from the quantity of putrid matter it has absorbed.

Another

Another injurious practice, among practitioners of this description, is that of allowing their unfortunate patients to remain several days, without any discharge from the bowels; many good women entertaining an idea, that the pock would fill better, if the patient could be prevented from having a stool, even until the maturation was complete, or, in their language, until the pock was turned.

It is much to be regretted, that those who are under the necessity of employing nurses, do not consider that care, and exact submission to directions, are requisites more essential in these female attendants, than the most intimate knowledge of the various recipes of family quackery. Possessing this kind of information, self-sufficiency and confidence take such strong possession of them, that, unless they are superintended by some anxious and vigilant friend of the patient, their own desultory and destructive measures are substituted, for those which have been dictated by reason and experience.

Repeated observations have shewn, that by augmenting the febrile state, either by the application of external heat, or by the administration of internal heating medicines and drinks,

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the number of the pustules may always be increased. Apprised of this circumstance, the celebrated inoculator Sutton used to promise his patient a crop of pustules, numerous, or otherwise, according to their wishes; well knowing, that, even in good habits, a trifling deviation from the cooling plan he always pursued, was almost sure to be followed by an increase in the number of pustules. How injurious, then, must be that absurd practice of increasing the heat of the patient, by every means which folly can suggest, when universal experience evinces, that the violence of the disease keeps pace, with the extent to which this pernicious mode is adopted.

The advantages arising from cleanliness of the person of the patient, and every thing around him; as well as from frequent ventilation of the bed-chamber, must be so obvious in every disease, distinguished by symptoms pointing out a putrescent tendency in the fluids, that to enlarge on them is unnecessary; especially as this subject has been already discussed, when treating of putrid fever.

Convulsive fits frequently occur about the time of the eruption. The good women who
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pride themselves on their medical skill, always predict a favourable termination from the appearance of this symptom; and too frequently accompany their prognostic with advising the friends of the patient, to rely on domestic aid only, for the cure of a disease, from which they expect no danger. But unfortunately the prognostic is often erroneous, and, consequently, the advice improper: for this symptom being common to both kinds of the disease, is sometimes succeeded by that state of the disease which calls for the utmost care and skill; but instead of this being obtained, the life of the unfortunate patient is perhaps entrusted to some opinionated and ignorant nurse.

An incontestible proof of the impropriety of permitting the management of feverish complaints to be entrusted to family practitioners, is derived from considering, that the utmost mischief may be produced by injurious interference, at the first appearance of this, or of any of the eruptive fevers. Nature being disturbed in her process, the eruption is often either driven out with such violence; or is so improperly retarded, as to occasion the patient's death.

There is one circumstance, which, as it may assist in carrying on the above delusion, deserves to be pointed out. The eruption, even when of a very bad kind, will often, on the first days, appear sufficiently large and detached, as not to excite alarm, in any but those who possess real skill and discernment. In consequence of which, proper assistance is frequently not called for, until the life of the patient is irretrievably forfeited.

When the eruption makes its appearance in clusters of a dark red colour, danger is to be apprehended. This is more certainly the case, when, as the disease proceeds, the pustules remain flat, or even dented, instead of becoming full and round, and the skin between the pustules appears pale and flaccid. But when purple spots, like flea bites, appear between the pustules; or when the pustules themselves are raised like a blister, and contain a pale or brownish coloured fluid, the danger is then in the highest degree imminent; especially if accompanied by bloody urine or stools. Shiverings happening after maturation is performed, and subsidence of the swelling of the head, without

without a tumefaction of the hands and feet succeeding, are also signs of an alarming nature.

The eyes are liable to suffer considerable injury, during the progress of this disease; it sometimes happening, that total blindness is discovered to be the unhappy lot of the patient, when the eye-lids open, on the subsiding of the swelling of the face.

The eyes soon manifest, in this disease, much impatience of the light; but the swelling of the eye-lids, which takes place, as the disease proceeds, generally closes the eye-lids; and, by excluding the light from the eyes, renders the patient, in this respect, much more comfortable than before. In children, the relief thus afforded hardly ever escapes observation; and the parents and attendants become, therefore, less solicitous to prevent the adhesion of their eye-lids from taking place. From this omission, I very much suspect, these injuries to the eyes frequently proceed. The irritation of that membrane which lines the internal part of the eye-lids produces a copious secretion, resembling *matter*, which soon so closely agglutinates the edges of the eye-lids, that very little of this

discharge is allowed to escape. This morbid secretion is, therefore, not only kept constantly suffused over the eyes, but, being thus detained, is applied to the external membranes of the eye, with some degree of pressure, by which its injurious effects must necessarily be augmented.

In these cases, the mode of proceeding is tolerably clear, though but seldom adopted. The hardened crust which unites the edges of the eye-lids, must be softened, by laying on it strips of lint, or of fine folded linen, wetted with warm water; when so much softened, as to be able to be removed with ease, this should be done; and its future accumulation must be prevented, by frequently washing away the matter, as it exudes, with a piece of wet sponge, or lint. By this treatment, the matter will be allowed to escape, as fast as it is secreted; an opportunity may be obtained of ascertaining the real state of the eyes; and of employing such lotions, as may be thought necessary.

When the small pox has entirely completed its course, yet is the convalescent, where the disease has existed to a considerable degree, far from being entirely exempt from danger: for
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frequently the habit of body becomes so changed, and the constitution is, at the same time, so impaired; that, to obtain his perfect recovery, much nicety of management becomes necessary. It also requires great skill and discernment, to ascertain the nature of the diseased state which is induced, and the mode of treatment by which it may be removed.

Dr. Buchan observes, "As the secondary fever is, in a great measure, if not wholly, owing to the absorption of the matter, it would seem highly consonant to reason, that the pustules, as soon as they come to maturity, should be opened. This is every day practised in other phlegmons which tend to suppuration; and there seems to be no cause why it should be less proper here. On the contrary, we have reason to believe, that the secondary fever might always be lessened, and often wholly prevented." The Doctor farther observes, that "Opening the pustules not only prevents the resorption of matter into the blood, but likewise takes off the tension of the skin, and by that means greatly relieves the patient. It likewise tends to prevent the pitting, which is a matter of no

“small importance. Acrid matter, by lodging
 “long in the pustules, cannot fail to corrode
 “the tender skin; by which many a handsome
 “face becomes so deformed, as hardly to bear
 “a resemblance to the human figure.”

Although the Doctor observes, that “it is
 “only necessary when the patient has a great
 “load of small pox, or when the matter which
 “they contain is of so thin and acrid a nature,
 “that there is reason to apprehend bad conse-
 “quences from its being too quickly resorbed;”
 yet, in consequence of his asserting, that “*this*
 “*operation can never do harm,*” there is great
 reason to fear, that the hope of preventing
 deformity, may occasion its too frequent adop-
 tion by domestic practitioners. To prevent
 this, I have introduced the opinion of a gen-
 tleman, whose extensive and successful practice
 must of necessity give weight to his judgement,
 and render his observations truly valuable. He
 says—“Allow me to remark on the practice of
 “those, who recommend the pustules on the
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 “marks. In a favourable distinct pock, this
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“caution seems superfluous, there being little
 “danger of its leaving any deep impresson;
 “and in the confluent malignant kind, when I
 “have seen it practised, it has always given such
 “intolerable smart, as must wound any person
 “not deprived of humanity itself.” *

Parents frequently deceive themselves, with a confidence that their children are exempt from danger of infection, because they have been in the same room, or even in the same bed, with those who have had the small pox upon them. But lest too great a reliance should be placed on this circumstance, and should prevent the adoption of necessary measures, it should be generally known, that children, in early infancy, are not so liable to receive this disease, as is commonly imagined; and that a child, who has been exposed to the influence of this disease, without receiving it, or who has even been inoculated without effect, may in a little time become highly susceptible of infection.

Purging is, in general, necessary after the small pox; but when the patient has suffered

* Observations on Epidemical Diseases, &c. by James Sims, M. D.

under the confluent kind, great care must be taken, that the doses are not so considerable, nor the intervals between them so short, that excessive debility be thereby produced.

INOCULATION.

INOCULATION is generally performed by the application of a small quantity of matter, from a small-pox pustule, to a slight wound in the skin.

The advantages derived from this practice are so considerable, as to render it deserving of being considered as one of the most important improvements in medicine. By inoculation, the shocking ravages of this most disgusting and alarming disease is prevented; and this, with so much certainty, that it is almost in the power of man to choose, whether the disease shall appear in its usual disgusting and terrific form; or whether it shall be produced in such a degree, as need not to excite the least shock or alarm.

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This beneficial practice is now become so frequent, and the advantages derived from it are so well known, that the greatest number of the objections, which have been raised against it, have lost their power; at least on the minds of those, who give themselves the trouble to obtain any information on this subject.

The possibility of the disease being again produced, in one who has already had the disease by inoculation, is not now suspected by any, except by those who obstinately reject the most positive evidence, and even the dictates of common sense.

The chief circumstance which prevents the practice of inoculation from becoming universal, is the suspicion, that as one disease may be thus transferred, other diseases, which exist in the person from whom the matter is taken, may, at the same time, be also introduced. This suspicion is the consequence of having remarked, that it sometimes happens, that those who have been perfectly free from disease before, have, immediately after their recovery from the small pox, by inoculation, been affected with cutaneous disorders, and scrophulous swellings; and sometimes to such a degree, as to have dis-
figured

figured them, or even to have rendered them cripples, during the rest of their lives.

That other diseases may be inoculated, in the same manner as the small pox; and that scrophulous affections have made their appearance after inoculation, are circumstances which undoubtedly may occur. But all this being admitted, still it must be denied, that scrophula is ever inoculated with the small pox.

The matter which is contained in the pustule of the small pox, consists of that particular species of morbid matter, only, which has been formed by those diseased actions, which have been induced by the application of the matter of the small pox to the human body. This matter, thus secreted, if again applied to the absorbent system, of any one, who has never had this disease, or who has not been rendered insensible to its influence, will again produce this disease, and no other.

With respect to scrophulous tumours, inflammation of the joints, abscesses, &c. which are by some supposed to be the consequences of particular humours introduced into the system, with the variolous matter; it must be observed, that physicians have long known,
even

even before the practice of inoculation was introduced into Europe, that, in some habits, very considerable changes take place after the small pox. In some cases, disagreeable complaints, and those even of long continuance, have entirely ceased, upon the coming on of this disease; whilst in others, it has been succeeded by various affections of the glands and skin, to which the patient had never before appeared to be subject. Both these effects succeed much more frequently to the small pox, which takes place in the natural way, as it is termed, than to that which is produced by inoculation. It has also been observed to happen more commonly when the eruption has been numerous, than when it has been scanty. Whence it may be concluded, that these circumstances are the result of the changes induced in certain habits, merely by the diseased actions consequent to the application of the poison of the small pox to the system: and as these circumstances generally seem to be proportioned to the quantity of eruption in the preceding disease; so the eruption of the inoculated being much fewer, than that of the natural small pox, the probability of these

blow changes

changes occurring, must be much less likely in the former case, than in the latter. Inoculation, therefore, so far from being avoided on this account, ought the more particularly to be had recourse to ; since the chance is much greater of obtaining, by it, an exemption from these disagreeable and alarming occurrences.

The benefits which would result from the universal practice of inoculation, are so very considerable ; and the ease with which the operation is performed is such, that Dr. Buchan, and other benevolent physicians, have recommended to the nurses and parents of children to perform the operation themselves. But were this advice to be followed, I very much suspect that, from the operation being performed on improper subjects ; from the neglect of due preparation ; from the want of proper management, during the eruptive fever ; from the occurrence of various anomalous symptoms, which do sometimes happen to the most skilful inoculators, and which would excite considerable alarm in the minds of the ignorant ; that the prejudices against this practice, would be multiplied, and its adoption, perhaps, become even less general, than at present. There never
would

would be wanting some, who would be disposed to place every thing disagreeable, that might happen, to the account of an operation, which is seldom performed, without opposition from the prejudices of some timid friend or relation.

Should the wound made by the incision inflame, and only some accidental pimple happen to appear on any part of the body; the patient, satisfied of having passed through the disease, might neglect the necessary cautions of avoiding the infection, and in consequence of the poison not having before really entered the system, he may now become a victim of the disease. Such an occurrence would doubtless occasion many to adopt the opinion, that inoculation does not procure an exemption from this disease in future.

Again, it may be observed, that cases may happen, where the contagious matter may be applied in such a manner, as to escape being taken up by the absorbents of the part to which it is applied; but where, from the patient constantly carrying the virus about him, which has been applied for the purpose of inoculation, it may occasion the disease in the ordinary way.

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Should this happen, and the disease terminate fatally, the case would be cited as an instance of the fatal consequences of inoculation.

For instance—Dr. Buchan, who strongly recommends to parents to perform this operation themselves, describes to them the method he took with his own son. “After giving him
 “two gentle purges, I ordered the nurse to take
 “a bit of thread, which had been previously
 “wet with fresh matter from a pock, and to
 “lay it upon his arm, covering it with a piece
 “of sticking plaister. This remained on until
 “it was rubbed off by accident. At the usual
 “time the small pox made their appearance,
 “and were exceedingly favourable. Surely
 “this,” the Doctor adds, “which is all that is
 “generally necessary, may be done without
 “any skill in medicine.”—But were such a
 mode of practice to become common, is it not
 very probable that a case would sometimes
 occur, in which, the absorbents of the arm not
 taking up the matter, the patient might become
 infected in the natural way, from inhaling the
 poison he carries about him? And should the
 succeeding disease prove fatal, there is little
 doubt but the animadversions it would occasion,
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would not a little tend to prevent the future adoption of inoculation.

From a laudable zeal to promote the wide extension of this beneficial practice, Dr. Buchan has endeavoured to render the process of inoculation as simple and easy as possible. But I should much fear, that, from the little stress the Doctor lays on the necessity of preparation, those who are inclined to become inoculators may be misled; and may be induced to place too little reliance on this part of the process, on being told, "The success of inoculators does not depend on the preparation of their patients, but on their management of them while under the disease." I have long been convinced, that from too little attention to preparation, inoculation has produced more considerable crops of pustules, than when it was the custom to attend more rigidly to this circumstance.

On this point, the remarks of Mr. Daniel Sutton, the celebrated inoculator, are very decided. He says, "I understand it has been a practice of late, to give up preparation, medicinal and dietetic, entirely, and to rely on the power of medicines, and the skill of the operator, during the eruptive fever, to keep it in due subjection.

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But with submission to those who choose to practise in this way, I conceive that one, at least, in eight or ten cases, may give them more trouble than is either desirable or prudent.—I never yet could discover any advantage from the mere act of inoculation, beyond that of ascertaining the time when the patient would fall ill."

CHICKEN OR SWINE POX.

In the chicken or swine pox, an eruption, much resembling that of a very favourable small pox, appears after a slight degree of fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates, by the drying up of the pustules, which seldom leave a cicatrix behind.

The similarity which exists between this disease and the small pox, not only frequently occasions a disagreeable state of doubt and suspense, in the minds of the patient and his friends, whether the disease he has passed through

through was the small pox or not; but frequently in other instances, it occasions an ill grounded hope, that the patient has passed through the small pox, in its milder kind. Hence succeeds a confidence, which may be productive of consequences of a serious nature. The patient, being assured of his future exemption from the effects of the contagion of this dangerous disease, he neither avoids those situations in which he knows he may be within the sphere of its influence; nor does he have recourse to inoculation, which would either confirm the hopes he entertains, or insure his future security, at the moment it convinced him of the danger of the situation, in which he had before stood.

To prevent, however, an error of this kind, the following circumstances may be attended to. 1st. This disease seldom comes on with so much fever, as, in general, accompanies a similar quantity of variolous eruption. 2dly. The eruption, at its appearance, generally differs from the small pox, in the pimples being, almost from the first, filled with a transparent liquor; the vesicle being almost pellucid. 3dly. The eruption appears more early, and passes through its

different stages more rapidly, than that of the small pox: the pustules turning and becoming dry, sometimes in less than half the time than what is required in the mildest kind of the small pox. An attention to these circumstances will in general point out the difference; but when the importance of ascertaining the real nature of the disease is considered, there must be very few who would not choose to have the opinion of those whose judgement can be fully relied on.

As to the treatment of this disease, medicine is very seldom necessary, it being, in general, sufficient, that the patient be kept, if the weather is cold, from the open air, and be supplied with cooling drinks and light food.

Sometimes, however, towards the conclusion of this disease, matter will form under the hardened scabs, occasioning deep and troublesome sores, which frequently require, not only the assistance of the surgeon, but the use of internal remedies also. The choice of these must be directed by the peculiar habit of the patient, his age, strength, &c.

MEASLES.

MEASLES.

THIS disease depending upon contagion, children are most generally the sufferers from it; since few pass their youth without being exposed to, and affected by, its influence.

It most commonly happens, that, for several days previous to the coming on of the disease, a child, who has been exposed to the contagion, will droop, lose its appetite, and become pale and fretful. To these succeeds a shivering, which frequently, in children, passes without being observed. This is directly followed by fever, accompanied with a quick respiration; hoarseness; frequent, dry, and rough cough; redness of the eyes, sneezings, and a constant watery discharge from the eyes and nostrils. Commonly, on the fourth day of the fever, the eruption appears in small red points, which are generally first observable around the mouth, then in the other parts of the face, the stomach, and, at length, on the whole body. The eruption seldom rises much above the skin; so that, except on the face, little or no prominence is

discoverable. After continuing three days, the eruption loses its bright redness, and becomes of a brownish red; and, in a day or two entirely disappears, leaving the skin rough, and as though it had been dusted with meal. The fever generally declining as the eruption goes off.

The consideration of the following circumstance will shew how dangerous it is to trust to domestic practice, even in so common and well known a disease.

This disease is very likely, at its first appearance, to be mistaken, by the unexperienced, for the small pox; but this mistake is but of little consequence, when compared with an error to which family practitioners must be very liable;—that of mistaking the eruption peculiar to the putrid sore throat, for that of the measles. This mistake is favoured by the measles itself being, sometimes, accompanied with a soreness of the throat; whilst in the disease, which, in this state it resembles, the soreness of the throat does not always particularly call the attention, until the eruption has taken place. Such an error, if not soon discovered, can hardly fail to occasion the death of the patient; as the mode of treatment which should be adopted in the
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one case, is directly opposite to that which is required in the other; plainly evincing the danger of trusting, even in so common a disease, to the precarious practice of domestic medicine.

TREATMENT. When this disease is very slight, the fever and cough being moderate, and the breathing easy, and hardly quicker than natural, little more is necessary, than to keep the patient's body open, by the assistance of tamarinds, manna, &c. ; at the same time supplying him, frequently, with cooling mucilaginous drinks, such as the pectoral decoction, barley-water, or infusion of linseed, sweetened with honey. His apartment should be but moderately warm, and great care should be taken, that he is not exposed to a stream of cold air.

To lessen the inconvenience arising from frequent coughing, the patient may frequently hold in his mouth, a mixture of two parts of oil of almonds, and one of honey; swallowing it as slowly as possible. But should this not prove sufficient to moderate the cough, it will not be right to tamper farther; but imme-

diate medical advice should be obtained, lest serious mischief be concealed.

The circumstance which generally occasions a fatal termination of this malady; and to which, therefore, attention should more particularly be excited, is an inflammation of the lungs. This disease, as was more fully demonstrated, when treating expressly of inflammation of the lungs, often comes on so insidiously, as to render it difficult of detection, even by the most skilful; and particularly in children. When it accompanies the measles, the possibility of its existing without the knowledge of an ordinary observer, is very great; and the consequence of its continuance, uninterrupted by the early use of proper means, must be most probably the death of the patient.

The likelihood of inflammation of the lungs continuing without detection, when accompanying the measles, arises from this cause. Quick-ness of breathing, the most obvious and characteristic symptom of inflammation of the lungs, is generally present during the greater part of this disease; and even in those cases where the disease terminates in the most favourable manner. Hence it too frequently happens, that

that such an affection of the breathing as calls for immediate recourse to the most vigorous measures, is unnoticed, and the opportunity of relief suffered to escape.

To prevent this, the breathing should be attentively watched. If it becomes very quick, and is performed with a wheezing noise, the fever at the same time being considerable, and the cough frequent, and evidently occasioning pain to the patient; every thing is to be feared, and the best and speediest advice should be obtained.

A situation frequently occurs in this, and indeed in every other disease accompanied by inflammation, in which the friends of the patient are very liable to be misled in the opinion they may form, of the judgement and abilities of the person, under whose care the patient may have been placed. This arises from the difference of treatment employed, whilst there are hopes of removing inflammation by resolution; from that which is adopted when suppuration is taking place. In the former case, the surgeon or physician will in general have recourse to free evacuations, and every other means which may have the effect of diminishing
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the powers by which the blood is propelled through the system; but in the latter case, it may be necessary to employ a tolerably full diet, cordial medicines, and every thing which may prove restorative and invigorating. Suppose, then, a patient, afflicted with any disease, dependent on inflammation; in whose case the most proper means have been employed for its dispersion, by the medical gentleman first employed, but unfortunately with such little success, as to have induced the patient, or his friends, to call in some other person, of whose character they may have been led to form an higher degree of estimation. The period in which there was a possibility of removing the inflammation by dispersion, being now past, that mode of treatment must be adopted, which will best accord with the intention of promoting suppuration. This plan being of necessity opposite, almost in every respect, to that which has preceded, the comparison is too often made by the ignorant, to the prejudice of the person who had been first consulted. "Here," say they, "was the patient getting daily worse and worse; but now, directly that a different mode of treatment is adopted, he immediately alters
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for the better. "How fortunately we changed our physician; he certainly has saved him—under the former, he as certainly would have lost his life." Thus the one is applauded, the other is severely censured; whilst both have entertained the same opinion respecting the disease, and both have been directed, by exactly the same principles.

When purple spots, and other symptoms peculiar to a dissolved state of the blood, accompany this disease, the greatest judgement and attention are required to bring the disease to a favourable termination.

An obstinate cough will frequently be found to remain, after all the other symptoms have subsided. In this case, it would be extremely wrong to trust to the ordinary remedies for coughs, lest the cough should be symptomatic of more serious and latent mischief.

To prevent these consequences, frequent purging is recommended at the conclusion of the disease; and, in most cases, must prove beneficial, being likely to diminish the disposition to inflammation, which is, in general, produced by this disease, and which occasions the above-mentioned effects. But dependance
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is not always to be placed on purging alone; since, in almost all these cases, particular attention should be paid to the regimen, which is required to be spare and cooling; and, in some cases, even repeated bleeding may be necessary.

I cannot quit this subject without offering some advice, which, if attended to, cannot but prove beneficial. When one child in a family is attacked with this disease, let the greatest possible care be taken, lest by exposure to a cold and moist atmosphere, the remaining children become affected by a catarrhal affection; by which the danger of inflammation of the lungs in the subsequent disease is increased. It is obvious, that this advice is equally applicable where the disease is even known to be in the neighbourhood.

SCARLET FEVER.

This fever comes on with cold shivering, pains in the head and loins; soon after, the throat becomes uneasy, and the swallowing
diffi-

difficult, the inside of the throat appearing tumid and red. About the third day, a scarlet eruption takes place, making its appearance, at first, in bright red spots, on the face and neck, and afterwards on the rest of the body, and the extremities. From these spots running together, the whole skin becomes of a bright scarlet. Soon after the redness appears, white specks or floughs are discernible on the tonsils; these enlarge, after a few days, fall off, and discover an ulcerated surface underneath; which, however, in general, soon heals. After continuing about three or four days, this eruption goes off, the fever generally subsiding at the same time.

After this disease, the skin almost always peels off, and frequently in pretty large portions. It frequently happens, that an anasarous swelling of the whole body comes on within a few days after the disappearance of the eruption, and is sometimes difficult of removal.

Although, in the above history, I have mentioned the soreness of the throat as one of the symptoms of this disease, yet it must be remarked, that scarlet fever sometimes occurs without any affection of the throat.

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This disease is sometimes to be met with, accompanied with highly inflammatory symptoms; and, at other times, with symptoms marking a similar malignity, with the ulcerated fore throat, or putrid fever.

To attempt to lay down a mode of cure to be adopted by family practitioners, in a disease which varies so much in its mode of existence, as to require, at different seasons, and in different subjects, the use of means entirely of an opposite nature, would be highly censurable, since fatal mischief might hereby be occasioned. Real benefit may, however, be derived from pointing out those diseases with which scarlet fever may be confounded, and the consequences that most probably would succeed to such a mistake.

At the first appearance of the eruption, it is by no means unlikely, that a difficulty may be found, by such practitioners, in endeavouring to distinguish between that which is characteristic of this disease, and that which is peculiar to the measles. In those cases of measles, where the catarrhal symptoms are very slight, it may very easily be mistaken for scarlet fever; and in scarlet fever, unaccompanied by fore throat,

throat, especially in young subjects, the probability is great that it may be treated as the measles.

But the most to be feared is, lest, on the one hand, a case of scarlet fever, requiring a cooling treatment, and, perhaps, even bleeding, be supposed to be the putrid sore throat, and an attempt for its cure be made with heating cordials, wine, &c.; or, on the other hand, that a case of putrid sore throat be mistaken for scarlet fever; and, instead of the free use of bark, nourishment, wine, &c. the contrary mode of treatment be adopted.

When this disease is succeeded by anasarcaous swelling, the greatest care is demanded; since, should it be neglected, an incurable dropsy may be the consequence.

ERYSIPELAS,

OR

ST. ANTHONY'S FIRE.

ERYSIPELAS, according to the accurate description of Dr. Cullen, is an inflammatory affection

affection of the skin, with hardly any evident swelling; of a mixed, and not very bright red colour, readily disappearing upon pressure, but quickly returning again; the redness of no regular circumscription, but extending unequally; and continuing, most constantly, to spread upon the neighbouring parts, with a pain like to that from burning; producing blisters, sometimes of a small, sometimes of a larger size; always occasioning, as it goes off, a desquamation of the scarf skin, and sometimes terminating in gangrene.

When it attacks the face, the patient experiences, first of all, a cold shivering, succeeded by a hot stage, in which there is always more or less drowsiness, with, sometimes, a confusion of the head, and, in some cases, even delirium. The affection of the skin appears either on the first, second, or third day of the fever; frequently possessing, by degrees, the whole of the face; sometimes the hairy scalp, and even extending on to the neck. The whole face becomes much swelled, and the eye lids so much so, that the patient is oftentimes not able to open them.

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The inflammation continues, in general, about eight or nine days, the fever not suffering any abatement from the coming on of the affection of the skin. In those cases which have a favourable termination, the fever and inflammation, generally, about this time, subside together. But in other cases, the drowsiness and delirium increase, as the inflammation proceeds; and, the external affection being communicated to the brain, the patient is carried off about the same period.

Erysipelas may be produced by the application of heat, or the sudden and partial application of cold, especially when the body is in an heated state. External injuries of various kinds, as wounds, punctures, and even the slightest scratches, are often succeeded by this affection of the surrounding parts. The application of poisons, more particularly those of the animal kingdom, often produces this disease. In some cases, it has been supposed to be the consequence of violent passions of the mind.

When erysipelas exists only in a trifling degree, and without any, or with but little, affection of the system, or any other alarming symptom, there may be no necessity for calling in

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professional aid; since, by an attention to the following advice, the disease may be, in such slight cases, carried off with the utmost safety.

The body should be kept in a laxative state, by the use of the gentlest aperitive medicines; carefully avoiding those medicines, which, from the irregularity with which they act, sometimes produce effects far exceeding the intention with which they were given. Manna, lenitive electuary, saline purgatives, such as the Glauber and Rochelle salts, imperial drink, tamarind whey, &c. are remedies which may be used with the utmost safety.

The patient, through the day, need not be confined to his bed; it being sufficient that he avoids exposing himself to a cold atmosphere.

At bed time, the patient may take a few grains of Dover's sudorific powder, or, a very small dose of James's powder; drinking freely of weak wine whey, or warm barley-water, with a small quantity of nitre, for the purpose of procuring a gentle perspiration,

Animal food should not be indulged in; puddings, sago, panada, &c. being the most proper articles of diet.

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But when erysipelas exists in a higher degree, or is accompanied by a considerable affection of the whole system, or by such symptoms as we are about to describe; it not only is of too serious a nature to be entrusted to domestic medicine, but even requires the greatest care of the medical or chirurgical person, whose attendance is obtained. For the disease not being uniform in its appearance, and the variety depending on widely different states of the system, as well as of the part affected; much skill is required, in determining on the mode of treatment which ought to be adopted.

When this disease exists in the face to a considerable degree, there is great danger of the communication of the disease to the brain. The affected parts sometimes become gangrenous, the change often taking place very suddenly, without being suspected but by those, who, by experience, have obtained an accurate knowledge of the disease; and who, by their acquaintance with the laws of the animal œconomy, are enabled to detect the morbid state of the system. This disease is very subject to sudden translations from one part to another; frequently from the external to the internal

parts; a circumstance which never occurs, without a great degree of danger.

There is one circumstance, which alone ought to prevent family practitioners, from attempting the treatment of this disease, except in the slightest cases. It frequently, when properly conducted, proving a cure to maladies which have long and obstinately resisted every attempt made for their removal. When this disease attacks with considerable violence, the life of the patient may often depend on timely bleeding. But, of so much consequence is the ascertaining the real state of the system, that should this evacuation be made improperly, instead of saving the life of the patient, a fatal termination of the disease might be occasioned.

As the particular state of the system is necessary to be ascertained, before it can be determined what remedies are most proper; so is it impossible to give here such general directions, for the diet and management of the patient, as may be applicable in all cases.

Of the external applications it is not necessary to say much; since, when the disease exists only in such a degree, as to be a proper object of domestic medicine, no particular appli-

application is necessary : it being sufficient, that it is defended from the air by any substance, which is not allowed to adhere to the part affected. Besides, the selection of external applications, as well as of internal remedies, must be directed by the state of the system, and of the affected part. The following desultory cautions, are, therefore, all that can be introduced on this subject,

Greasy applications almost always seem to aggravate the disease. Absorbent earths and farinaceous substances, which are frequently recommended, form hard and troublesome crusts, by mixing with the liquor which exudes from the part ; the effused fluid, confined by these crusts, irritating the parts beneath. Cooling and sedative applications, such as cold water, Goulard's vegito mineral water, &c. are very effectual in lessening the inflammation, and are, therefore, frequently adopted by domestic practitioners. But it is necessary to remark, that these applications, which, at first, seem to produce very pleasant and salutary effects ; do sometimes produce, and suddenly, the most dangerous consequences: a gangrene of the part being very likely to succeed to the

improper employment of them. They should never, therefore, be used in these cases, but under the direction of the physician or surgeon.

Erysipelas never appears in aged persons, nor in those who have lived freely, without denoting such a state of the system, as must demand all the aid that can be obtained, from the conjoined powers of experience and judgement.

Its occurrence in youth and middle age is seldom dangerous, except when accompanied with much fever, or when it extends over a considerable surface.

ERYSIPELAS OF CHILDREN.

VERY young children sometimes are attacked with erysipelatous inflammation, to which it is necessary most earnestly to call the attention of parents; since, from the seeming trifling and insignificant appearances which take place on its first occurrence, there is too much probability, that it may be often allowed to attain a considerable height, before application for assistance is made. Whenever this does happen, the chance

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of recovery must be very slight indeed ; for even in those cases where the utmost exertions of art are early employed, this disease frequently carries off the little sufferer with great rapidity.

This disease begins in small red patches, with hardly any elevation, and by no means of such an appearance, as to be likely to excite any alarm ; except in the minds of those who are apprised of the insidious and dangerous nature of this disease. These patches, in some cases, make their first appearance on the extremities, and, in others, on the lower part of the belly. They extend themselves considerably over the limbs and trunk, becoming hard and more discoloured, and, if not happily stopped by the adoption of the most appropriate measures, the disease soon terminates fatally.

To excite the attention of parents, so that, on the first appearance of this disease, they may be apprised of the danger which threatens, and be thereby induced to apply for immediate assistance, is all that can be attempted here.

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THE MILIARY FEVER.

THE eruption from which this fever derives its name, is formed by several little bladders, which rise on the skin, of the size and appearance of grains of millet;

From this eruption having been seen to accompany various diseases, it has been much doubted, whether it is an original and primary disease; or whether it is not merely a symptomatic disorder, proceeding from the disease it accompanies. From the circumstance of its having occurred as an epidemic, having attacked many at the same time, in the same neighbourhood, there is hardly a doubt, but that it may exist as a primary disease. But it is not necessary here to enter farther into this question; since the determination would not affect the precepts which will be here delivered, respecting its treatment.

This eruption generally makes its appearance when profuse sweatings have preceded; but it has sometimes been met with, where no such previous sweating has taken place. It attacks
both

both sexes, and those of every age and constitution; but child-bed women appear to be most frequently affected by it.

When it occurs as a primary disease, it begins with a shivering, which is soon succeeded by a considerable degree of heat, and pain in the head and loins, attended with great anxiety and lowness of spirits, oppression on the breast, and difficulty of breathing. These latter symptoms, with an itching and prickling in the skin, in general, immediately precede the eruption, which commonly appears between the seventh and fourteenth day of the fever; but it has not been remarked to make its appearance on any particular day. The eruption first appears on the neck and chest, then upon the arms; and at length is diffused almost over the whole body, but it is seldom to be discovered on the face. The skin has sometimes, but very rarely, continued dry through the whole of the disease; but, in general, the sweating is very profuse. The stools are, for the most part, loose, and the urine pale, and of a particular lightish green cast. The tongue does not become very foul, and the eyes acquire a more than common brightness. About the time of
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the eruption, there always arises a pungent acid odour, peculiar to this disease. In ripening, the eruption becomes of a yellowish hue; and after continuing a few days, the length of time varying much in different cases, it dies off, leaving the skin covered with branny scales. Sometimes the eruption is renewed several times in the course of the same fever.

Persons sweating under febrile diseases are especially liable to the miliary eruption, and particularly those who have been previously weakened by large evacuations, particularly of blood. This, Dr. Cullen thought, would explain why it happens to lying-in women more frequently than to any other persons; and has remarked it to happen to women not in child-bed, but who had been much subject to a frequent and copious menstruation, and to an almost constant fluor albus. He also had occasion to observe it to happen to men in fevers, after wounds, from which they had suffered a great loss of blood.

Since the several varieties in the mode of treating this fever, should be the result of a very nice and accurate investigation of all the concomitant circumstances; and as this task requires,

requires, in the person who undertakes it, a thorough knowledge of the laws of the animal œconomy, and of the changes induced by disease; it would be very improper to lay down a plan of cure, to be attempted by any one who does not possess that necessary information.

The same reason that prevents the attempt of laying down a regular plan of cure, in a work of this nature, is equally forcible against the endeavour to establish any fixed rules for the regimen and management of the patient; these depending on the same circumstances which have been alluded to, must be regulated by the advice of the physician.

It may not be amiss to remark here, that this eruption so generally succeeds profuse sweating, that it has been supposed to be merely a consequence of this discharge. In proportion as the sweating is encouraged or checked, so may the eruption be augmented or diminished; but the propriety of either practice cannot be determined, unless it is first ascertained how far the sweating and eruption is connected with a critical change in the disease.

HÆMORRHAGES.

HÆMORRHAGE may depend on an increased action of the blood vessels; or it may originate in such a state of them, as is opposite to that vigour. It may proceed from too great abundance of blood, where there is no error but in quantity; or it may be the consequence of the blood having acquired such a morbid tenuity, as may enable it to pass through openings, by which, in an healthy state, it would have been detained.

Those who lead sedentary lives, indulging much, at the same time, in highly nourishing and stimulating food, can hardly possibly escape such a preternatural fulness of the system, as is likely to be productive of hæmorrhage; since the evacuations not being proportioned to the quantity of nutritious matter taken in, a due equilibrium cannot be preserved, between the quantity of the circulating fluids, and the solids which contain them. The diminution or suppression of accustomed evacuations; whether of those which are natural, or of those which have been

been induced by art or previous disease, will also considerably contribute to the formation of that diseased state of the system, in which hæmorrhage is likely to occur. In this way much injury is often occasioned, by the frequent bleedings which are sometimes had recourse to, when hæmorrhage has once occurred; and which actually promote that state of the system they were intended to prevent.

When the above described state of the system has been induced by the foregoing circumstances, nothing more is required, than the action of one or more exciting or occasional causes, to produce the disease. The exciting causes are, whatever alter the regular circulation of the blood; as external heat, a considerable and sudden diminution of the weight of the atmosphere, violent exercise, considerable efforts of the lungs, certain passions of the mind, cold externally applied, and such postures of the body and applications of ligatures, as may occasion a determination, or accumulation of the blood in particular parts of the body.

Dr. Buchan, when treating of this subject, very justly observes, that “ Involuntary fluxes
“ of blood may proceed from *very different*,
“ and

“and often from *quite opposite causes*.” Of these the Doctor enumerates no less than thirteen; and then very properly observes, that “The cure of a hæmorrhage must be adapted to its cause.” An assertion to which all must readily assent, and heartily regret that any one should ever be induced to attempt the management of a disease, dependent on such various causes, with no other information than that which they may have derived from some treatise on domestic medicine.

If the system has once suffered a loss of blood, by accident, by art, or by a spontaneous effusion; that quantity is not only quickly restored, but fresh blood is formed so fast, that a preternatural fulness, or plethora, is very soon produced; which is frequently succeeded by a return of the bleeding. This is again, in like manner, followed by a rapid restoration of blood, fulness, and hæmorrhage. These alternations of evacuation and repletion, being thus repeated, a disposition to hæmorrhage is, agreeable to a certain law of the animal œconomy, occasioned; and the disease, of course, rendered more difficult of removal. Nor is this all, for, in proportion to the length of the continuance
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and frequency of recurrence of hæmorrhage, will be the danger of its occasioning other diseases, either by its continuance or suppression.

The positions here advanced, which are founded on the known laws of the animal economy, and are proved by the daily observations of every attentive medical man; must shew clearly the danger of permitting, through neglect, or an ill founded timidity, the continuance of hæmorrhage: the probability of its inducing future disease, having been shewn to be, in proportion to the quantity of blood which is permitted to flow.

Every science, in an age of enquiry, is constantly receiving some improvement, by the accession of some new fact, or some ingenious observation. Thus has the art of healing derived considerable light, from the observations and reasoning of Dr. Cullen, on this point. He having clearly evinced the necessity of preventing the occurrence of hæmorrhage; and, in most cases, of moderating effusions of blood, when they have actually come on.

The opinions on which the practice of encouraging hæmorrhage had been founded, were derived

derived from some fallacious conjectures, respecting the influence of the soul on the body : the soul having been supposed to direct and occasion such changes in the system, as were necessary to the prevention or removal of disease. It was also imagined, that the body was, in general, disposed to a plethoric state ; that the greater part of the diseases to which the human body is subject was produced by this cause ; and that spontaneous hæmorrhage was, almost always, the consequence of the efforts of certain powers in the system, exerted for the removal of some disposition to disease, or of the disease itself, if already formed. On these principles, the flow of blood was permitted, until, through the weakness of the patient, it ceased : it being supposed, that when a sufficient quantity of blood had flowed, to effect the intended salutary change, it would then spontaneously stop. Nor was this the utmost extent of this mischievous doctrine, for the same arguments, which induced them thus to allow the ravages of the disease, in the first instance, occasioned them also to encourage its return.

It may be easily conceived, that these repeated losses of the blood, on which the formation

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tion and nourishment of every part of the body depends, must render that fluid thin and impoverished; and occasion it to possess, after each effusion, less and less of those principles, which are more particularly appropriated to the support of the system; although, at the same time, the circulating fluids may exceed their natural quantity.

Thus, then, by permitting the repetitions of hæmorrhage, may such a state of the system be produced, as will very probably occasion wasting of the body, dropy, or some other disease, which, being founded on general debility, will be very difficult to be removed.

Dr. Cullen's reasons for supposing that hæmorrhage should, in general, be avoided, are,
 "1st. Because it does not always happen in
 "parts where it is safe. 2dly. Because often,
 "while it does relieve a plethoric state, it may,
 "at the same time, induce a very dangerous
 "disease. 3dly. Because it may often go to
 "excess, and either endanger life, or induce a
 "dangerous infirmity. And, lastly, because it
 "has a tendency to increase the plethoric state
 "it was meant to relieve; to occasion its own
 "recurrence; and thereby to induce a habit,

"which, if left to the precarious and unequal operation of nature, may, from the frequent errors of this, be attended with much danger." *

Having recommended the prevention of plethora, rather than the allowing of the return of hæmorrhage, it is necessary to describe the means by which this end may be accomplished.

The innumerable secretions made from the general mass of blood occasions a continual expence of that fluid; and exercise, as it promotes almost every secretion, so must it produce an increase in the consumption of the blood. The quantity of blood thus expended, is restored by the continual accession of new blood, formed from the chyle, which is immediately derived from the various substances taken as aliment. The quantity of blood must, therefore, depend on the quantity of aliment from which it is produced, and the degree of exercise, by which its expence is occasioned; in proportion as the one or the other of these preponderate, will a disposition to plethora, or to the contrary state, take place.

* Cullen's First Lines, vol. ii. p. 301.

To prevent the quantity of blood from exceeding its due proportion, exercise, then, should be used freely, the quantity of food must be diminished, and should be composed of such substances, as are nourishing, only in a moderate degree; such as vegetables, milk, &c.

Proper means must, at the same time be employed, for keeping the bowels in a laxative state; and the circumstances which have been before described, as exciting causes, must carefully be avoided.

When hæmorrhage has actually come on, and it appears proper that it should be moderated, the application of every thing heating and stimulating must be carefully avoided. The air of the chamber should be cold, and no malt liquor, wine, or spirits, permitted the patient. This caution is necessary, since it very frequently happens, that the patient is very freely supplied with these pernicious liquors, with the intention of removing the sickness and faintness, which accompany the discharge. The patient should be kept in such a posture, as may least favour the impetus of the blood towards the part from which it flows:—but this, as well as

the other means of cure, will be more fully treated of, when speaking of hæmorrhage from particular parts.

Hæmorrhages proceeding from a dissolved state of the blood, will always require the most vigorous exertions for their suppression; since, by their continuance, they necessarily increase that morbid state on which they depend.

Upon the whole, when we consider how numerous the causes of hæmorrhage may be; and how necessary it is to ascertain the cause on which each case depends, before a determination is made on so nice a point, as whether the hæmorrhage shall be restrained or suffered to continue; it must be agreed, that no decisive step ought to be taken, until competent advice has been obtained. Until then, little more should be done than removing any of the circumstances, which are above enumerated, as likely to become exciting causes; and employing such means, as may moderate the discharge, if it is violent, and the patient apparently sinking. Skill is required in the treatment of few diseases more than in those of this class; the case being often such, as, from its urgency, to require an immediate decision; and the future health, and
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even the life of the patient, may depend on the judgement with which it is made.

BLEEDING FROM THE NOSE.

FROM the very considerable number of blood-vessels with which the internal surface of the nostrils is furnished, and the delicate texture of their covering, we may account for the frequency with which this complaint occurs.

This complaint may be met with at every period of life; but the changes which take place in the system, just before puberty, and after the age of forty and fifty, are such as to render it more likely, that, at these periods, the effusion should take place from this part, than any other.

During the existence of febrile, or inflammatory complaints, in which the head is much affected, bleeding from the nose sometimes happens; in general proving critical, and being followed by the removal of the prior disease. This discharge also often occurs,

in fevers which are accompanied by a languid state of the system, and a dissolved state of the blood. It also frequently happens, when there is no reason to suspect it to depend on any particular state of the system, but is only produced by some incidental cause; such as a violent effort made in sneezing, &c.; or the application of some hard substance to the internal surface of the nose.

Bleedings from the nose in young people are seldom in any considerable quantity; generally ceasing spontaneously, after a moderate flow, or yielding to the application of cold water to the nose and surrounding parts; or to the application of any very cold substance, to any part of the surface of the body: as may be observed, in the common practice of putting a cold piece of metal, as a key, down the back, next to the skin, which induces a shivering, soon after which the bleeding generally stops.

The infrequency of this discharge being directly followed by any evident ill consequence, and the facility with which it is in general restrained, contribute to mislead the patient and his friends, into an opinion, that no harm can be produced by a disease so common,
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and apparently so trivial. The patient is therefore, in general, consigned to some good woman, the bleeding ceases, but no proper means are adopted to alter the state on which the disease depends, and thereby to prevent its return.

To shew to those who are too much disposed to trust to the vague and dangerous practice of domestic medicine, the necessity of obtaining the advice of the skilful and judicious, in these cases, nothing more, surely, can be necessary, than to point out the state of the system, at this time; and the probable mischiefs that may succeed to improper management.

From attentive observations, it appears, that in those young people who are subject to bleedings from the nose, there exists not only a general fulness of blood; but also an increased determination of the blood towards the head. This is a state which certainly demands the greatest care and attention; since, should the hæmorrhage be restrained, without the adoption of due precautions, the blood might force an opening through some other vessels, situated, perhaps, in a part, where, as in the brain, it might occasion a fatal injury. And, on the

other hand, if, by neglect of proper management, the bleeding should be suffered repeatedly to return, and become periodical; there will be reason to fear, lest, when the patient arrives at his full growth, a rupture of a blood-vessel in the lungs, terminating in a consumption, may take place. In confirmation of this opinion, I may here repeat a common observation, that those, who are most liable to a discharge of blood from the lungs, have been subject, when young, to bleeding at the nose.

When this disease happens to those who are advanced in years, the nicest judgement is required, in adopting the mode of treatment. As it certainly often prevents an attack of palsy, apoplexy, &c. there cannot exist a doubt of the impropriety of checking the discharge, at its first appearance: on the contrary, it is frequently necessary to have recourse to bleeding, from the arms, and to other means calculated to diminish the general fulness, and to take off the determination to the head.

A careful attention to the foregoing indications is necessary, not only at the time when the hæmorrhage exists, but should be assiduously persevered in, for a considerable time after the hæmorrhage has ceased; and, in many
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of these cases, a strict regard must be paid to rules, even during the remainder of life.

The general principles, on which it is necessary to proceed in these cases, both with respect to the treatment of the hæmorrhage itself, and to preventing its return, are laid down in the preceding chapter. But much caution is necessary, in the application of these principles to particular cases; since an error, on either side, may be followed by considerable mischiefs: on the one side, by occasioning a rupture of a blood-vessel in some vital part; and, on the other, by laying the foundation for dropsy, or some one, of the numerous class of diseases, dependent on debility.

Bleeding from the nose, in febrile or inflammatory diseases, especially when preceded by pain in the head, flushed countenance, and redness of the eyes, will, in general, be found to be critical and salutary; and, consequently, must not be checked, unless it becomes profuse, and is likely to exhaust the patient too much. Much caution and skill is requisite, in forming a right judgement, in these cases; since it often happens, that fevers, and various febrile complaints, at their commencement, and during some

some part of their course, are accompanied with strong marks of inflammation, to which, however, excessive debility very soon succeeds. In such cases, this discharge, although happening at a critical period of the disease, will, if not very moderate, be likely irretrievably to sink the patient.

When this hæmorrhage happens in putrid fever, ulcerated sore throat, or any of those diseases, which, from their first appearance, are accompanied with great debility of the system, the earliest efforts must be exerted to restrain it; since the loss of even a small quantity of blood, may, in these cases, be productive of fatal consequences. The occurrence of hæmorrhage, in these cases, is very rarely accompanied with circumstances which render this advice improper.

Where there is nothing to forbid the suppression of the hæmorrhage, the following means may be employed. Cloths dipped in cold water, vinegar, or spirits, may be frequently applied to the nose and face; the body should be kept in an erect posture, and exposed to the free access of cold air. If these should not prove sufficient, a piece of lint, rolled up in the form of a cone,

a cone, must be introduced into the nostrils; no benefit can, however, be expected from this, unless it is applied with sufficient force to press on the orifice of the ruptured vessel. If this should not succeed, the lint may, previous to its introduction into the nostril, be enveloped in flour; and, if this fail, the lint may again be introduced, with the addition to the flour of a fourth part of finely powdered allum. It is almost unnecessary to add, that every thing likely to stimulate the nostrils must be carefully avoided.

Dr. Buchan recommends, that “the garters may be tied a little tighter than usual. Ligatures may be applied to the arms, about the place where they are usually made for bleeding, and with nearly the same degree of tightness. These must be gradually slackened, as the blood begins to stop; and removed entirely, as soon as it gives over.”

But this practice is not likely to produce the beneficial effects, for which it is recommended. Dr. Chapman, in his ingenious Theses on Hæmorrhages, remarks, that ligatures are sometimes applied to compress the veins, and thereby to retard the return of the blood from
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any part to the right ventricle of the heart, with the expectation of diminishing the action of the heart, and of lessening the velocity and force, with which the blood circulates.

But this practice, he observes, was introduced before mankind had obtained a thorough knowledge of the circulation of the blood; and is manifestly liable to objections, which cannot easily be overturned.

In the first place, it is difficult to apply the ligature so as to compress the veins, without making a pressure on the arteries also; so that it may happen, that as much injury may be produced, by interrupting the passage of the blood from the heart, as benefit can be expected by impeding its return. Secondly, suppose that the pressure is even confined to the veins alone, the beneficial effects which are thence expected cannot possibly last long; since such a degree of compression must, in a little time, affect the arteries, to the same degree, as though the ligatures had been applied to the arteries themselves.

HÆMOR-

HÆMORRHAGY FROM THE LUNGS,**OR****SPITTING OF BLOOD.**

HÆMORRHAGY from the lungs, or, as it is commonly termed, **spitting of blood**, is generally preceded by a frequent cough, a sense of tightness, weight, and anxiety in the chest; and, sometimes, by a coldness of the limbs, or a general shivering. A saltish taste of the spittle, and a troublesome tickling of the upper part of the windpipe, frequently occur, just before the discharge comes on. The quantity of blood spit, at the first attack of the disease, differs very much, in different cases; sometimes only appearing in streaks, mixed with the phlegm, and, in other cases, proceeding in such considerable quantities, as even to threaten suffocation.

Some judgement is necessary to distinguish, from what part the blood proceeds, which is thrown out of the mouth; since it may not only be derived from the lungs, but also from the stomach, the mouth, the back part of the

nostrils,

nostrils, or the upper part of the throat. The treatment which these latter cases require, differs so much from that of an hæmorrhage from the lungs, that considerable injury may be produced by an attempt to perform the cure, unless the seat of the disease is previously ascertained.

The discharge sometimes comes on without any previous notice ; and is then, generally, the consequence of some excessive exertion of the lungs, as in a violent fit of coughing, &c. When this is the case, and the habit of body is perfectly free from disease, the hæmorrhage will, sometimes soon cease. The same happy termination may, for the most part, be expected, when the disease is even the result of a plethoric state of the system ; but if a disposition to consumption previously existed in the habit, there will be the greatest reason to expect that disease may be speedily induced.

But when the disease is preceded by the symptoms before mentioned, and the hæmorrhage does not immediately cease, the disease will generally proceed in the following manner. After the discharge of blood has taken place, the foregoing symptoms are, in a great part, relieved ; the chest becomes more free, the breath-

breathing is performed with less difficulty, and the cough is less frequent. After a little time, more blood oozing from the ruptured vessel occasions a degree of weight and uneasiness of the lungs, and the return of the irritation in the windpipe: to this the cough very soon succeeds, by which the extravasated blood is again thrown off the lungs.

It frequently happens, that the patient is enabled to predict the return of the hæmorrhage, by the increase of some of the foregoing symptoms, which generally takes place after a little respite.

In those cases, where the disease terminates favourably, the quantity of blood becomes less and less, in every spit, the breathing remains easy, and the cough soon ceases. The spit may remain tinged for a little time, but, at last, resumes its natural appearance.

But if ulceration of the lungs comes on, as the spitting of blood disappears, a spitting of thick yellow matter comes on; the breathing continues difficult, and the cough frequent. When this unhappily takes place, the wasting of the patient, frequent heat in the palms of the hands, and flushings on the cheeks, will soon

soon point out, too plainly, the fatal tendency of the complaint.

As this is a disease in which there is, for the most part, a considerable degree of danger, and as there is no case in which it occurs, in which the greatest care is not necessary, no one should think of hazarding, in any instance of it, the practice of domestic quackery. In all those cases, however, where the disease comes on suddenly, and the aid of the judicious cannot be immediately obtained, it will be necessary to have recourse to such means as may prevent the return of the hæmorrhage. With the hope of accomplishing this, blood should be taken away from the arm, especially if the pulse be full, or there exist any degree of fever: the apartment should be cool, and the patient kept entirely still; particularly avoiding any exertion of the lungs, as in loud speaking, &c. Animal food, and even broths, must be strictly avoided, the diet being allowed to consist only of such things, as contain but very little nourishment; and even these, only in small quantities. Nothing should be drank warm: the beverage, which may be barley-water or toast and water, either acidulated with the juice of lemons, or not, accord-

according to the inclination of the patient, must be taken as cold as possible; and stools may be procured by the use of some mild purgative, as lenitive electuary, manna, &c. By an attention to these rules, and what has been already said, when treating of hæmorrhage in general, the disease may commonly be prevented from increasing, until proper assistance is obtained.

To prevent the return of this disease, the rules already laid down, must be carefully attended to; and to those may be added, as particularly requiring attention, the injunction, that all exertions be carefully avoided, which detain, or which hurry, the blood, in its passage through the lungs; such as singing, loud speaking, running, coughing, lifting great weights, &c.

HÆMORRHOIDS, OR PILES.

THE piles are small round prominent tumours, formed near the verge of the anus. When blood is discharged from these tumours,

they are termed the *bleeding piles*; when this is not the case they are said to be the *blind piles*; and when the discharge, or the uneasiness, proceeds from within the rectum, and no tumour appears externally, the disease is termed the *inward piles*.

The piles sometimes come on without any previous symptoms; but, in general, they are preceded by symptoms, which evidently shew a plethoric state of the system; such as giddiness, pain and weight of the head, and pains in the back; and when the bleeding takes place, these symptoms, generally go off. The quantity of blood varies, in different cases; in some, being very trifling, in others, so considerable, as even to threaten the life of the patient. The discharge frequently, as in other hæmorrhages, becomes periodical. In some cases, it seems to consist of pure blood; but much difference is observable in this respect, since the discharge is, in other cases, almost colourless.

The piles sometimes come on, and continue some time, with but little pain, or inconvenience, excepting heat and itching about the fundament; but sometimes they are, from the first, exceedingly painful, swelled, and inflamed.

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In these cases, if the means which are had recourse to do not prove successful, the pain and inflammation increase, until the whole system becoming deranged, fever at length ensues. If the inflammation goes on to suppuration, the patient undergoes the utmost distress, and most excruciating pain; being often prevented from voiding either stools or urine, until suppuration being completed, a discharge of the contained matter takes place, accompanied by an alleviating of almost all the distressing symptoms. In particular habits of body, and in cases where the inflammation has been very considerable, they sometimes terminate, not in suppuration, but in a gangrene, or mortification of the affected parts.

This disease most commonly happens to those who are beyond the middle stage of life, and are of a relaxed habit of body, and melancholic temperament. Those who have before suffered repeated losses of blood are, for the reasons before assigned, particularly liable to attacks of this disease; and, for the same reasons, those who have been long subject to other discharges, such as from ulcers, issues, &c. are frequently troubled with this complaint, upon those dis-

charges ceasing. Want of exercise, and excessive indulgence in eating and drinking, particularly of highly seasoned foods, wines, and spirituous liquors, are frequent causes of this malady. But the most frequent exciting cause of this disease, is the passing of indurated excrement, or the too free use of strong purging medicines, as aloes, jallap, &c. But whatever circumstances occasion a fulness of the habit, and diminishes the freedom of the circulation in the intestines, and in the inferior part of the body, may produce this disease.

In those cases where but little pain or inconvenience is produced, no applications will be necessary to the part, nor any internal medicine required, excepting some gentle laxative to be taken occasionally. The symptoms, however slight, should serve to admonish the patient of the necessity of his adopting the proper regulations in his diet, and mode of living; lest the disease be augmented, or some more dangerous malady be induced. This is a moment which ought not heedlessly to be passed over, since the disease being once permitted fully to form itself, a disposition to future returns succeeds; and this disposition is increased by each fresh attack.

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On the other hand, should the progress of the symptoms be checked, and the hæmorrhage stopped, without due precautions, a foundation may be laid for some more alarming and dangerous disease.

Since there cannot exist a doubt, but that very considerable mischief is often the consequence of patients themselves, and of domestic practitioners adopting the opinion, that the hæmorrhoidal discharge is not only innocent, but salutary, and even necessary ; it cannot but be beneficial to endeavour to shew how far this opinion is correct.

A plethoric state of the system, in general, accompanies the first, as well as every subsequent attack of the piles. If this is not otherwise reduced, a bleeding from the piles takes place, and the equilibrium is thereby restored. But if the causes of this morbid state of the system are not removed, the fulness returns; the parts affected with the piles having been weakened by the previous distention, more readily become again loaded with blood, and the hæmorrhage again takes place. Thus, successive alternations of fulness and hæmorrhage are produced, until, at last, the returns of plethora become

periodical, and even, in some measure, habitual. When this is the case, if the hæmorrhage be prevented, without the necessary regulations being adopted, other diseases, the consequence of plethora, may be induced; and may be removed by the return of the hæmorrhage. But here let it be remarked, that these diseases are attributable to the permitting of the hæmorrhoidal flux, at the first, instead of correcting those disorders of the system by which it was occasioned.

When the piles are accompanied with much pain, it is to be feared that suppuration may take place. Many applications are recommended for the piles, when they are become swelled and painful; but to be able to point out which of these is preferable, it is necessary first to know the actual state of the parts, as the remedies which may be proper where inflammation has not taken place, may prove highly injurious where that state of the parts exists. Instead of enumerating these, I shall, therefore, call the attention to the consequences of neglecting to employ the most proper means in such a case.

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In most cases of painful piles, more or less of inflammation is present. And if this inflammation is not successfully opposed, it will soon extend itself to the adjoining parts, not only producing the most excruciating pains in the fundament, but also in the neck of the bladder; occasioning almost an entire suppression of the urine. When this happens, the patient may be assured, that it will be with very great difficulty that a suppuration in the adjoining parts will be prevented. Should suppuration take place, the patient should consider, that he has now a much more disagreeable disease to combat with than before, and that the free and skilful exercise of the chirurgic art, alone can prevent him from suffering the inconvenience and pain of a fistula.

Where the inflammation is violent, and continues for some time, without any appearance of suppuration, an event may be reasonably feared, by which the life of the patient must necessarily be brought into the most imminent danger. Hence it must plainly appear, that where the piles become inflamed, the most judicious exertions are necessary, to prevent the most serious evils from taking place.

The regulations of diet, exercise, &c. necessary for the prevention or removal of that state on which this disease depends, may be learned from what has been already laid down in the immediately preceding chapters.

IMMODERATE FLOW OF THE MENSES.

It is not every variation in the period or quantity of this discharge that is to be considered as a disease, since every healthy female is not exactly alike in these respects; the discharge recurring, in some cases at longer, and in others at shorter, periods; in some cases in larger, and in others in smaller, quantities; without the appearance of any circumstance that points out the variation to be unnatural, or unequal to the necessities of the constitution. Slight deviations in these respects may also occur in the same person, without being accompanied by any mark of disease.

But when the discharge is considerably increased beyond its accustomed quantity; when
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its returns are at much shorter periods than usual; especially if preceded or accompanied by cold chills, succeeded by heat and thirst, pain in the head and giddiness, shortness of breath, and pain in the loins, it may be concluded, that it exceeds the natural and salutary quantity. If the disease is not now checked, other symptoms, the consequence of excessive debility, soon come on; the face becomes pale, the feet are with difficulty kept warm, and become affected with an œdematous swelling; a fluttering and extreme sinking is felt in the inside; the stomach, instead of requiring food, is almost constantly affected with nausea; the pulse is small and frequent; the surface of the body is frequently covered with a cold sweat, and extreme agitation or fainting is occasioned, even by the slightest alarm. When the disease has proceeded thus far, a trifling circumstance may produce an alarming change; a sudden and copious discharge may be almost immediately succeeded by fainting, and even death; or the continuance of a discharge, not sufficient to occasion immediate dissolution, may be productive of dropsy, and other complaints founded on extreme debility.

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The increase, both in the frequency and the quantity of the discharge, may take place so gradually, and the mischievous consequences be induced in so insidious a manner, that frequently the patient may be reduced to a dangerous state of debility, before she is sufficiently alarmed to seek for assistance; or even before she is convinced of the existence of any disease.

Females who lead a life of indulgence and inactivity, and who have been weakened by frequent miscarriages, difficult labours, and immoderate discharges from other causes, are particularly liable to this complaint; as well as those who have suffered the suppression of some long continued evacuation, or who have submitted to frequent bleedings. Distress, and anxiety of mind, indulgence in wine, and spirituous liquors, also dispose to this complaint. The exciting causes of this disease, may be the same with those already enumerated, when treating of the other hæmorrhages; to which may be added, as particularly likely to induce this species of hæmorrhage, sudden frights, violent fits of passion, and the improper use of strong cathartic and forcing medicines; particularly
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of the various pills, advertised under different titles, but which are almost wholly composed of aloes, scammony, and other violent drastic purgatives; which have the power also of determining the blood into the uterine vessels.

This hæmorrhage is not always an original complaint, it sometimes being a symptom of some other disease. Ulcers, polypous concretions, scirrhus and cancerous affections of the womb, being frequently accompanied with this species of hæmorrhage.

When the various modes in which this disease makes its attacks are considered; being one while so violent, as to excite well founded fears of immediate dissolution; at others, so insidious as entirely to sap the strength of the constitution, and bring on diseases the most difficult of cure, before the least alarm is entertained by the unsuspecting patient; the necessity of procuring early help must be obvious to every one. And when the variety of causes by which it may be produced is also considered, not a doubt can be entertained of the imprudence and danger of trusting the cure of such a disease, to the hazardous attempts of domestic quackery; especially, since the hæmorrhage may, as has been
just

just observed, be only the symptom of some other disease, which may be entirely overlooked and neglected; whilst the endeavours made for the removal of the hæmorrhage must necessarily prove ineffectual, the disease on which it depends continuing unabated.

If an additional argument is necessary to prove the danger of such interference, it may be derived from the consideration, that the necessity of making that difficult and nice distinction between hæmorrhagy depending on increased vigour, and that which arises from the contrary state of the system, is more frequently required in this, than in any other species of hæmorrhage. And as the disease may depend on either of these two opposite states of the system, endeavours for a cure which are made without necessary skill, may not only prove ineffectual, but, by promoting that state of the system on which the disease depends, may increase every symptom.

Directions for the management of this discharge, when it is not considerable, as well as for preventing its return, are here unnecessary; since, in these cases, there is no pressure of haste which ought to prevent application, for the

the advice of the regular professor of the healing art. When the hæmorrhage is sudden and profuse, the patient should, as soon as possible, be deprived of every part of her clothing, which may occasion the least interruption to the free circulation of the blood, and be placed in an incumbent posture, in a cool chamber, being covered but lightly with bed-clothes. Every thing which is drank should be as cold as possible, and cloths dipped in cold water should be frequently applied to the loins and neighbouring parts.

VOMITING OF BLOOD.

WHEN blood is brought up manifestly by vomiting, there can be no doubt of its proceeding from the stomach. An uneasy state of the stomach commonly, for some time, precedes this discharge. Pain in the region of the stomach, accompanied by anxiety, and a sense of oppression, is in general experienced, just before the coming on of the hæmorrhage.

If

If this complaint is the consequence of a suppression of the menstrual, or hæmorrhoidal discharge, and is in a small quantity, there may not be reason to apprehend much danger. But if the discharge is very considerable, and black grumous blood is discharged, both by vomiting and by stool, the disease is really alarming, and demands a careful enquiry as to its cause, and the most skilful exertions to effect its cure. Not a moment should be lost, but the best assistance should be obtained as soon as possible. In the mean while, the means recommended in hæmorrhage from the lungs, may be employed. Those who have suffered from this disorder, should, for some time afterwards, be very careful to take nothing into the stomach which may be likely to irritate it, or to produce vomiting. The mode of living should, for some time afterwards, be similar with that recommended after inflammation of the stomach.

VOID.

VOIDING OF BLOOD FROM THE URINARY PASSAGE.

Blood discharged with the urine may proceed from the kidneys, the ureters, the bladder, or the urethra (the canal which conveys the urine from the bladder). The part whence the discharge of the blood proceeds is to be discovered by attending to the symptoms which preceded, and which accompany the discharge. In general, it is a symptomatic affection of some disease, and by the cure of that only can be removed.

CATARRH.

At the commencement of this disease, the patient generally complains of weariness, and disinclination to move; frequent thrills of cold, succeeded by transient gleams of heat, run through the whole frame; the head aches, and seems heavy, and the throat feels rough and dry.

dry. Soon after this, a slight difficulty of breathing, hoarseness, and frequent dry cough, supervenes. Oftentimes the disease is accompanied with a heat and soreness of the eyes and nostrils; a limpid, acrid liquid flowing constantly, both from the nose and eyes.

As the disease proceeds, the skin becomes hot and dry, the pulse hard and full, and the urine high coloured; the patient soon loses all desire for animal food, is restless and thirsty, and much harrassed with the cough. After a little time, a small discharge of mucus is produced by the cough, which gradually increases: the roughness and soreness of the throat, the fever, cough, and other symptoms, lessening, as this discharge thickens; soon after which, the disease, generally, goes entirely off.

The progress of the disease, as here described, is, however, only to be met with in those cases where nature has been assisted by well adapted means; or, at least, has not been interrupted by improper interference. But where the disease, existing to a considerable degree, has been neglected; or where trifling cases have been exasperated by improper treatment; a variety of symptoms may arise, by which the real nature

nature of the disease may be concealed from an uninformed practitioner, and the danger, of necessity, augmented:

Those who have already suffered from this disease, are particularly liable to future attacks: those also, whom previous indispositions have rendered it necessary to confine themselves to the house, for a time, are very likely to be affected with this disease, at their first exposure to the open air.

This disease is sometimes produced by a specific contagion; and when it thus occurs, it is observed to spread to a much greater extent than any other epidemical disease. But the most frequent cause of this malady is the too sudden transition from one atmosphere, to another much higher or lower in its degree of temperature.

When a person is affected with what he supposes to be a common cold, as it is termed, he generally either neglects it entirely, or attempts its removal by spirituous and heating drinks, hoping thereby to excite a sweat. In the one case, the parts affected become so injured and weakened, by the long continuance of the disease, as to be rendered particularly liable to

future attacks; in the other case, there is the greatest probability that the disease will be immediately aggravated, and perhaps additional disorders occasioned.

Where the nature of the disease is obvious, and where the breathing is perfectly free, the feverishness very slight, the appetite but little impaired, and the cough not very frequent, attempts may be made, by domestic treatment, to carry off the disease at its commencement. This may frequently be done, by bathing the feet and legs in lukewarm water, immediately before going into bed, and drinking freely of some warm diluting liquor, such as barley-water, weak whey, &c. thereby exciting a free perspiration.

The patient should carefully avoid every circumstance which may tend to quicken the circulation of the blood. Animal food, spirituous liquors, wine, beer, &c. should be entirely omitted. The food should only consist of milk and vegetables, and their various preparations, such as rice-gruel, panada, falop, fago, &c. The drinks may be, barley-water, pectoral decoction, infusion of linseed, bran-tea, &c. These may be sweetened with honey, and rendered

dered pleasantly acid by the addition of the juice of lemons or oranges.

In those cases where the cough is very frequent, the fever considerable, and the breathing interrupted by transient pains, or tightness of the chest, the management of the disease will require the utmost care and skill: since, if a proper mode of treatment is not early adopted, inflammation of the lungs will, very probably, soon succeed, which, if not speedily detected and removed, will be too likely to terminate in a decline.

In those persons who have previously suffered from spitting of blood, or who have been at all disposed to consumption, it is absolutely necessary that the most cautious and vigorous measures be pursued, at the very onset of the disease; as there exists not a doubt, but that, in such subjects, *a common slight cold*, as it is termed, frequently proves the exciting cause of a consumption.

The probability of consumption immediately succeeding to inflammation of the lungs, must be readily conceived by any one, who has even the slightest knowledge of the functions of that organ. To such, then, it must be sufficient to

give them the information, that this disease, the danger of which is so slightly estimated, is an inflammatory affection of the mucous membrane which lines the windpipe, and even its ramifications in the lungs. If this be duly considered, surely the probability of the inflammation extending itself to the substance of the lungs must appear sufficiently evident, as well as the necessity of early adopting the most powerful means for the removal of the disease.

Nor is it to the first attacks of this disorder only, to which I would call particular attention. Many cases may occur, in which the first symptoms of the disease may be very slight; and the disease may proceed without being characterised by any marks, which may lead to a suspicion of danger; but in which the cough may be tediously protracted. Frequently, when this is the case, the patient and his friends, deceived by the absence of fever, and the small inconvenience otherways experienced, allow the continuance of this injurious symptom, until such mischief is produced, as no subsequent care, or exertion, can remove.

From inattention and improper management, at the commencement of this disease, originates
that

that affection of the lungs, which has been described as bastard peripneumony; true inflammation of the lungs, and consumption, also frequently proceed from the same cause. From its frequent recurrence proceed constant and troublesome accumulation of mucus, or phlegm, and asthma.

The frequency with which this disease occurs, in this part of the world, and the slight degree of interest and alarm, which is, in general, excited by the expression, *catching cold*, by which this disease is commonly described, too frequently occasion that neglect, by which the foregoing maladies are produced.

Fully satisfied that vast numbers fall victims to the supposed insignificance of this insidious enemy, I have been anxious to display to your view the danger of not opposing his attacks, however weak and trifling they may appear.

It frequently happens, that catarrhal complaints, even when not existing to an alarming degree, terminate, as has been already mentioned, in an affection of the lungs known by the name of bastard peripneumony; a disease which differs much from catarrh in its nature, and consequently requires a very different

mode of treatment. But this change may come on so gradually, and in a manner so little likely to excite the attention of a common observer, that much mischief may arise, from not timely adapting the mode of treatment to the irritation which has taken place.

That truly dangerous malady, the croup, is very likely, especially in the first stage, to be mistaken for, and treated as, a simple catarrh, by those whose judgement has not been formed by observation and experience. A mistake in this point cannot but prove highly injurious; since the ordinary remedies for catarrh, would prove of no effect in checking the rapid progress of this dreadful disease.

The cough, which frequently is very troublesome, almost entirely engrosses the attention of domestic practitioners, who, omitting the necessary regulation of diet, as well as the use of means likely to correct the febrile state of their patients, frequently content themselves with attempting to put a stop to the cough, by the exhibition of some opiate, as the Paregoric Elixir; which, in most cases, will not only prove inadequate to the purpose for which it is given, but

but will seldom fail of considerably augmenting the disease itself.

Most of the nostrums advertised as *cough drops*, &c. are preparations of opium, similar to the paregoric elixir of the shops; but disguised, and rendered more deleterious, by the addition of aromatic and heating gums. The injury which may be occasioned by the indiscriminate employment of such medicines, in this disease, may be very considerable; as is well known to every person possessing, even the smallest share of medical knowledge.

It would undoubtedly be rendering a great benefit to society, if some medical man were to convince the ignorant, of the pernicious consequences of their reliance on advertised nostrums: but, unfortunately, the situation in which medical men stand is such, that their best intentioned, and most disinterested exertions for this purpose, would not only be but little regarded, but frequently would be even imputed to base and invidious motives. Those to whom they have to address their admonitions, are, unhappily, those, on whom reason has least influence. "Prithee, Doctor," said an old acquaintance to a celebrated empiric, who was

standing at his door, "how is it, that you, whose origin I so well know, should have been able to obtain more patients, than almost all the regular bred physicians?"—"Pray," says the quack, "how many persons may have passed us whilst you put your question?"—"About twenty."—"And pray how many of those do you suppose possessed a competent share of common sense?"—"Perhaps one out of the twenty."—"Just so," says the Doctor, "and that one applies to the regular physician; whilst I and my brethren pick up the other nineteen."

Those who have suffered from this disease, are, I have already remarked, very liable to its future attacks; and from what has already been stated, it cannot but be evident, that most serious mischiefs may follow its frequent recurrence. The strictest care, therefore, should be taken, to avoid those circumstances, which, a little consideration will shew, may, if not properly attended to, become powerful exciting causes of this disease.

The ill effects of too suddenly passing into an atmosphere, considerably higher or lower in its degree of temperature, than that which has
been

been just quitted, have been already described, when speaking of the prevention of inflammation in general. To the admonitions there given, I must beg you to revert; with a confidence, that as this circumstance is one of the most frequent causes of catarrh, an attention to what is there delivered may be here of the utmost importance.

In guarding against this disease, considerable advantage is to be gained by a due regulation of the clothing. This should be neither too thin, nor so irregularly disposed, as to leave one part of the body naked, whilst the rest is even loaded by warm clothing. In children, and young folks, this error is too frequently observable. The former we generally see, with their legs and arms uncovered; and the necks and chests of the latter are often exposed, unguarded, to the utmost severity of the cold. "In every region, we may observe external warmth to be nearly as necessary as internal nourishment, for the young of almost every animal. Warm rooms and impure air may enervate the body, but warm clothing can never be injurious in cold weather. I am so thoroughly convinced, that pure air and a warm
skin

skin are indispensibly necessary for children, that I never behold them with naked breasts, legs, and arms, however hardy and robust, that I do not anticipate the horrid consequences of *angina*, of croup, or of pectoral or intestinal inflammations.”*

The remarks of Dr. Beddoes on this point are particularly interesting, as they are properly directed against a most silly, but prevailing notion. “In children, it is of the utmost consequence to keep the body cool, but never to suffer it to be cold. Thus, without being enervated, they may escape the fatal consequences of heat succeeding quickly to cold; for it is not true, as seems, in consequence of an analogy more or less distinctly conceived, to have been frequently imagined, that cold hardens children as it hardens steel.”†

I never witness the cruel perseverance in this pretended mode of hardening children, in which the weak and sickly hardly ever escape, but it calls to my mind the practice of those nations, who, determined to secure a hardy race,

* Medical Spectator, vol. i. p. 367.

† Observations, &c. by Dr. Beddoes, p. 162.

decree the decrepid and infirm to be exposed to perish, in the woods and deserts.

The use of flannel, and of the fleecy hosiery, cannot be too much urged as a preventive of this disease; but, unfortunately, those who think catarrhal affections are of too little moment to call for much trouble in avoiding them, are generally too ready to evade the adoption of this measure, on the most trifling objections; the chief of which is, however, the uneasiness arising from the irritation it occasions to the skin. But rather than the important advantages to be gained by this mode of clothing should be lost, the flannel may be worn over the shirt. Indeed, in those cases where there has been much weakness produced by preceding diseases, or where advantage is not expected to be derived from irritating the skin, this mode of wearing flannel is preferable to that of wearing it next the skin. Remembering that it should be removed at night, with the other daily clothing; and that the same attention be paid to its cleanliness, and frequent renewal.

Those who are liable to this disease, should be also exceedingly cautious in their mode of living.

living. Their diet should be light and simple, consisting more of vegetable than of animal substances. Milk, in various forms, should constitute a considerable part of their food. Spirituous liquors should be entirely avoided, and wine and beer should only be taken in small quantities : by children, these also should be quite omitted.

The necessity of avoiding the air rushing in a stream from the crevice, or the opening of a door or window, must be so obvious, as not to require to be enlarged upon. Laying in damp beds, and sitting in wetted rooms, are so well known to be productive of injurious effects, that it can hardly be necessary to urge the strictest care in avoiding so open an enemy.

But there is one negligent, or cruel practice, which cannot be too severely reprehended ; since, from the frequent instances of dangerous diseases, which have been supposed to have arisen from this cause, there is too much reason to fear, that inattention, in this respect, is too frequent. Large rooms, which, being reserved for the purpose of receiving company, are shut up for many days, and even sometimes for weeks together, in damp and cold weather, are fre-

frequently used, with only the precaution of having a fire lighted in them an hour or two before the visitors arrive. The fire not having yet sufficiently warmed the room; and the furniture, particularly the curtains, carpeting, and chair-seats, being impregnated with a considerable quantity of moisture, which begins to evaporate as the room becomes warm, the unfortunate objects of this ceremonious, and dangerous distinction, are exposed to the joint action of cold and moisture. That considerable injury may follow, there is little reason to doubt; especially as the dresses of the persons who are thus exposed to the influence of these circumstances, are, at these times, more light and airy than their usual clothing; and are, consequently, but little calculated to defend them from such powerfully combined adversaries.

CONVULSIVE ASTHMA.

THE ingenious Dr. Robert Bree, of Birmingham, was himself the object, he says, of the attacks of this disease, and might possibly, he thinks,

thinks, have had a prospect of long complaining of its tyranny, if a determined resolution to deviate from the common path of practice had not occasionally yielded instruction, and given a basis for further experiment. From the year 1787, he examined the forms of asthma with increased industry, and was supplied with more numerous opportunities of trying the force of remedies in the paroxysms (having made experiments in one hundred and thirty paroxysms) than can generally occur in a practice of ten years, where the motives for enquiry are less personal to the physician.

From an attentive consideration of the subject, he discovered, that asthma in general is the consequence of irritation of the lungs, and that this may be produced by acrid effluvia in the lungs, but is most frequently occasioned by an effusion of serum in the vesiculæ of the lungs. Other less frequent species he also enumerates; but these it is unnecessary to notice, since all that is here intended to be done, is to enable you to form such an idea of the disease, and of the causes on which it depends, as will enable you to see the propriety of the directions for the conduct of the patient, which

which I shall presume to extract, for the advantage of asthmatics. It is far from my intention to attempt to furnish instructions to *practitioners of both sexes*, for the cure of this disease, being fully convinced, with the author of this valuable treatise, that “No written rules will supply the defect, which, in this disorder, as well as others, the sagacity and observation of experience can alone remedy.”

Wherever indigestion prevails, which may be known by want of appetite, flatulent distentions and pains of the stomach, heart-burn, &c. there are we to expect that asthma also may occur. Indeed, so connected are these diseases, that asthma hardly ever takes place, but flatulence, and other symptoms of indigestion, are, at the same time, discoverable.

This circumstance, if duly considered, must necessarily impress those who suffer the inconveniences of indigestion with a strong conviction of the necessity of early opposing it with requisite remedies; and of submitting to those regulations which may be pointed out, lest the distresses arising from asthma be superadded. Again, from considering the dyspeptic condition of patients distressed with asthma, and the connection

nection which appears to exist between the two diseases, the necessity of correcting indigestion, and of attending to a proper regimen, must be very evident to the asthmatic.

Errors in diet, Dr. Bree observes, are a copious source of inconvenience to the asthmatic. Under this head he specifies, drinking too much strong liquors, or liquors full of carbonic acid, or fixed air, with acefcent materials in the composition, sweet wines, and new beer. Profuse indulgence in the use of tea, and warm watery liquids of all kinds, are exciting causes of asthma. Heavy suppers, eating between meals, and, generally, all food of difficult digestion, may produce the same effect; such are, smoked meats, pastry, fat pork or beef, water-fowl, raw vegetables, fallads, and unripe fruits; also boiled cabbage and carrots, rich soups, jellies, and sauces.

These alimentary substances are not readily governed by the stomach of an asthmatic, but remain till a fermenting process takes place; and, if purging or vomiting brings no relief, the paroxysm may be excited; even when these evacuations occur, this consequence is not often prevented. The asthmatic, he justly observes,
must

must rigidly believe, that his paroxysms may be more frequent, or the intermissions longer; according as the seductions of the table are too powerful for his prudence, or are resisted by his care. Intoxication and surfeit are so conspicuous among the worst of his enemies, and can have so little allurements where the habit is infirm, that an asthmatic is not to be suspected of suffering from the excitement of these gross errors.

The atmosphere produces effects on the asthmatic, by several changes. When the mercury in the barometer stands as high as thirty inches, the density of the air is sufficient, *cæteris paribus*, to preserve the intermission of his disorder; and alterations from this standard to a lower, will be, according to circumstances, unfriendly. Besides a change from this degree of density, the state of the air may be cold or warm, cold and moist, or warm and moist; and rain, snow, or frost, storms and fogs, may give additional impression; but slight in comparison of the state (the diminished density of the air) which occasions their appearances. When vapours hang low, we have a certain index of the diminished density of the air, which would otherwise

carry them off; and that the cause of their slow suspension is really a state of atmosphere, producing, at the same time, the disorder of the respiration.

If to the lightness of the air, *moisture* is added, the operation of its influence may be more injurious; and has frequently been felt in various situations, when the predisposition to asthma was not present.

Cold and moisture check cutaneous perspiration, and diminish the heat of the lungs; and is thereby hurtful to the asthmatic.

Cold alone will not usually excite the paroxysm, though there are states of the atmosphere, which are very injurious, without the positive presence of aqueous vapour, or moisture.

The East and North-East winds, not only chill the lungs, and make their capillaries passive, and incapable of contracting on their contents; but they check cutaneous perspiration, inducing another cause of asthma in catarrh.

Changes to rain or snow affect the asthmatic, because of the decrease of weight in the air, which gives occasion to these alterations.

Storms,

Storms, of any kind, are usually attended with sudden rarity of atmosphere ; and according to the prevalence of excessive heat or cold accompanying the change, the asthmatic will be more or less affected.

Active motion in a warm air, with frequent respirations, produces great increase of exhalation from the superficial capillaries, and from the lungs. The dissipation of heat, by this means, is productive of the most severe fits of asthma. Heat may be carried away from the body, by other means, besides exhalation ; and this effect takes place in frosty weather, but not usually with the same consequences to the asthmatic.

Profuse bleeding, spontaneous or artificial, has brought on asthma, in some instances ; and violent purging or vomiting may be an exciting cause of the paroxysm.

A critical attention is necessary to the calls of the stomach, and the power of that organ to perform digestion. The first should never be neglected, and the latter never oppressed. If the stomach is loaded, the fit will be more violent, than after the occasional cause of fasting. The want of food, or an absurd neglect of regular

meals, will as certainly excite the paroxysm in some asthmatics, as a moderate and light supper of tender animal food will alleviate the symptoms in others.

Fasting is not only an exciting cause of asthma, but it will, according to its extent, increase the predisposition to the disease, by lowering the heat of the body.

A sudden increase in the impulse of the circulation, one cause of which may be *rapid or violent bodily motion*, may excite the paroxysm of asthma.

The suppression of the hæmorrhoidal or menstrual flux may occasion dyspnoea, or a paroxysm of the asthma.

Repelled eruptions or gout may, according to the habit in which the circumstance occurs, produce either dyspnoea, asthma, or peripneumony.

Dust of any kind, metallic fumes and fetid smells, and strong perfumes, shew their effects on an asthmatic, by exciting a paroxysm.

The smoke of tobacco is, in most cases, offensive to the asthmatic; and even when the habit of inhaling the fume is pursued, and absurdly thought to be a remedy for the disease, by those
who

who mistake the great excretion of saliva for a necessary evacuation, the patient strengthens the predisposition to this disease. It is affirmed, that smokers are asthmatic; and Diemerbroeck found their lungs dark coloured, approaching to black, and ulcerated. Sir J. Floyer mentions a patient, who smoked to cure a pain in the stomach, and by this means acquired the asthma.

The *aerial carbonic acid*, or *fixed air*, is an exciting cause recorded by Sir J. Floyer. I have known, Dr. Bree says, the inspiring of the vapour of fermenting substances in brewing, to be followed immediately by the paroxysm.

The *passions of the mind* may excite a paroxysm, or strengthen the predisposition to it. Severe study affects the digestive powers, and therefore promotes predisposition.

It is not my intention, in a disease so alarming, to pretend to furnish the domestic practitioner with a regular plan of treatment, nor even to particularise the several remedies which may be demanded in its several periods. I shall be satisfied with making some remarks on those remedies which are particularly demanded by the distressful state of the paroxysm, and which

are generally within the reach and management of domestic practice ; as well as on some of those which alarm may prompt to the employment of, in defiance of the probability of dangerous misapplication.

Emetics are frequently employed with success in abating the violence of the paroxysm ; especially where the existence of indigested matter in the stomach is pointed out. But much judgement is necessary to enable any one to determine the extent to which the operation is to be carried. In some cases, strong vomiting may be necessary, and in others only nausea, and slight urgings to reach.

In severe fits of the suffocative asthma, the patient will frequently insist, in spite of the strongest remonstrances, that he may lose blood, and sometimes with such a degree of pertinacity as is impossible to resist. But the asthmatic should consider this point, in the less hurried moments of intermission ; he should then reason with his medical attendant, and carefully attend to his arguments, that his mind may be so armed, as to prevent him from soliciting for, and even insisting on, the performance of that which will have but little chance of rendering him

him any service, but which will, most likely, occasion an increase of that debility which helped to constitute the predisposition to the disease. Dr. Bree, speaking of the effects of bleeding in the most common species of this disease, says, "I have repeatedly directed it, but have never had reason to think that the paroxysm was shortened an hour by the loss of blood; and I have often been convinced, that expectoration was delayed, and more dyspnoea remained in the intermission, than was common after former paroxysms. In old people, who have been used to the disorder, it is certainly injurious."

The gum ammoniac and squills, may be frequently employed with advantage. But the ordinary oily emulsions, and heavy clogging mixtures, are rarely of any use; and indeed, by the interruption they may occasion to the process of indigestion, they must, more commonly, rather promote than remove the disease.

Blisters ought not to be employed, in this disease so indiscriminately as is generally the case. Their operation is not sufficiently rapid to expect much advantage from them, during the paroxysm; and it should be remembered, that in

every case where either they or issues are employed to procure a continued discharge, if the case be not such as to require evacuation, injurious weakness, in proportion to the discharge, will be produced.

The experiments and observations, of which I have spoken when treating of consumption, shew that considerable advantage may be derived from breathing air containing more than the ordinary proportion of *oxygen*.

The acid of vinegar, distilled vinegar, or, if that cannot be readily obtained, common vinegar, in a dose of two table-spoonfuls, with an equal quantity of cold water, is a remedy, from which relief may be frequently obtained in the paroxysm. Dr. Bree says, that in asthma proceeding from the irritation of mucus, vinegar is the most useful medicine, in the paroxysm, which I have tried.

Warm bathing, he remarks, is hurtful in every species of asthma: but, he asserts, upon numerous trials of its efficacy, that there is no single remedy of more value, in all species of the complaint, during the absence of the paroxysm, than the cold bath.

Having already pointed out the connection between asthma and a weakened state of the stomach,

Stomach, the necessity of having recourse to those means which may give tone to this bowel, and thereby assist digestion, must be obvious. But the asthmatic should also consider, that to accomplish this end, a patient and resolute perseverance in the course of medicines which may be prescribed for this purpose should be adopted. On nothing less can any hopes of benefit be placed.

With the hope of preventing returns of the disease, the patient should be very strict in the diet he employs. From the observations on the causes of this disease, above mentioned, the asthmatic will learn what errors of diet should be avoided: and to the rules he there obtains, he may add the following. His food should not be generally fluid and poor—watery gruels and broths are therefore improper, the stomach requiring solids. Vinous drinks also should be avoided. Acidulated water, milk and water, with toasted bread or biscuit; rice boiled in broth until it is soft, without fat, are suited to the paroxysm. Hot liquors are always improper. Cold water is taken with great benefit; and, if acidulated with vinegar, its good effects are often very considerable.

A strong

A strong infusion of coffee was recommended by Sir J. Pringle, as a powerful medicine in the paroxysm. It was also successfully employed by Floyer. Dr. Percival also recommends its use. Dr. Bree also advises its employment medicinally.

In justice to Dr. Bree, I must here observe, that the leading points in this article are extracted from the Doctor's valuable observations. It may be considered as very advantageous to those who labour under any particular disease, to have an intelligent physician a fellow sufferer. Independent of the nearer and stronger interest which must necessarily impel him to the earnest consideration of the nature of the disease, his opportunities of investigation are infinitely superior to those of others, whose enquires are always likely to be productive of less information, on account of the vague and inconclusive descriptions contained in the answers they receive. He is much better able to connect cause and effect; and to mark the consequences, beneficial or injurious, which proceed from the several kinds of diet, the changes of the atmosphere, and various other circumstances. Having the means of experiment always in his power,

power, he is able to employ, on the spur of the moment, whatever judgement may suggest, or necessity may demand. In a word, his experiments on the disease must be numerous, and his observations constant.

Should a physician present to the world his observations, made under these circumstances, the benefits to his fellow sufferers must be inestimable: in his publication they find a useful itinerary, which points out to them the roads they should keep, as well as those they should avoid. It calls their mind from the useless contemplation of objects affording neither instruction nor pleasure, and directs its attention to those which are at once both important and useful. Such a publication is that from which I have so freely taken the chief of the foregoing practical observations.

HOOPING COUGH.

THIS infectious disease is sufficiently known: a description of it is therefore unnecessary. It may be, however, proper to remark, that it
often

often commences with the symptoms of a common catarrhal cough, or cold, and may exist some little time before the characteristic hoop is heard.

There is, perhaps, hardly any disease, for which so many nostrums are recommended. Omitting the mention of those which are so freely recommended by well meaning matrons, I shall here only allude to those advertised nostrums, which, with so many alluring promises of success, are artfully foisted on the public. From the frequent adoption of these, I am well assured, the lives of many children are lost; but previous to advancing my reasons for this supposition, I will make a few remarks on one circumstance, which may occasion parents to place so much reliance on these dangerous means.

This disease has no determined period for its termination, it disappearing much sooner in some cases than in others; but seldom, however, exceeding three or four months in its duration. Frequently a happy change will take place very suddenly, and without any obvious cause: the fits becoming more and more slight, every day, and the hoop as rapidly declining. A disease,
thus

thus uncertain in its termination, must be very favourable to the character of any nostrum, employed with the hope of procuring its removal.

Suppose this pretended remedy to be taken by any given number of children, and consider, that it must be given either towards the beginning, the middle, or the end of the complaint. It must be fair, then, to conclude, that in one-third of these cases, it will be given near to that period, when the disease would of itself have gone off. Indeed the proportion might be supposed to be much greater than one-third, since it most commonly happens, that in the greater number of cases where these nostrums are had recourse to, the time employed in the trial of other various means has brought the disease near to the period of its conclusion; and the very circumstance of having employed so many things before, without success, is employed to arrogate the more merit to the declared specific.

If no injury were the result of these quackeries, they would here have escaped mention. But during the continuance of this malady, there are several circumstances which require such
par-

particular attention, that, if neglected, they will most probably occasion the death of the patient : and, unfortunately, the parents relying entirely on the infallibility, which the deceptive advertisement attributes to the mischievous nostrum ; and complying exactly with the terms demanded, that no other medicine be taken, neglect all less notices of danger, until, seeing their child arrived almost at the point of death, they, too late, apply for regular assistance.

It is true, that physicians do not possess a specific, which will directly remove this disease ; and the acknowledgement of this, is another inducement to the alarmed parent to fly to nostrums ; but they must be informed, that such a specific will be sought with as little success from the empiric, as from the physician. The latter is, however, enabled, by an attention to the different symptoms which arise, in the progress of the disease, so to conduct its course, by abating the violence of the symptoms, that it shall rarely prove fatal.

The most dangerous circumstance that arises in this disease, is shortness of the breath ; since, whenever this occurs to any considerable degree, there may be great reason to suspect,
that

that inflammation of the lungs has taken place. In this case, bleeding, blistering, and other apposite means, adapted to the age and strength of the patient, will generally afford speedy relief; but, on the contrary, should any nostrum be here relied on, it is most probable the child would soon be lost. So also the spasmodic affection, which so strongly marks the disease, becomes sometimes so violent as to threaten suffocation, during each fit of coughing; and here the greatest benefit is derived from well adapted antispasmodics. Thus also the accumulation of phlegm, increase of fever, &c. demand their appropriate remedies; and common sense must be convinced, that all these necessarily varying properties, are not likely to be found in one boasted nostrum.

Much reliance has been placed on removing children afflicted with this disease into a different air from that which they have been accustomed to breathe: beneficial effects, it is said, have proceeded from the change, when even the patient has been removed into air less pure than that he had left.

These salutary effects, which the experience of parents and nurses, unwarp'd by hypothesis, has

has so strongly marked, when contemplated by the aid of that light which the late discoveries in pneumatic chemistry afford us, furnish strong evidence in favour of the employment of airs differing in purity, in several of the diseases incident to the human body.

I have often been surprised, that this circumstance has not been noticed by Dr. Beddoes, Thornton, and other gentlemen, who have made pneumatic medicine particularly their study. It has, indeed, not merely excited my surprise, it has occasioned my regret; since the practical deduction I shall, perhaps, too feebly make, might have proceeded from their pens, with such clearness and force, as might have been productive of much greater good.

When treating of consumption, I endeavoured to shew you, that the *oxygen*, or purer portion of the air, is the best and most natural stimulus to the lungs, and to the whole system, in those cases, where there exists difficult respiration, accompanied with a debilitated state of the system: and that the *azotic*, or more impure portion of the air, has been found to be highly beneficial in the contrary state of the system; where too much action, manifested by inflammation,

mation, catarrh, and spitting of blood, menace a termination in consumption.

In the hooping-cough, both these states are, at different times, found to prevail; and surely, it is not at all improbable, that these advantages have been the consequence of a fortunate coincidence; and that, where success has followed the change of air, it has been when during an inflammatory state, the change has been for air less pure; and in the contrary state, where the removal has been from the close air of town, to the purer air of the country.

From the foregoing premises, we have certainly a right to conclude, that instead of indiscriminate changes from one situation to another, the air should be chosen, according to the principles just laid down—that in those cases where disposition to inflammation is evident, the impure air of a town should be preferred; and that, in those cases where a great degree of debility, and of difficulty of respiration, threaten dropsy of the chest, &c. the purer air of the country should be obtained.

It can hardly be necessary to remark, that in those cases where the docility of the patient,

and the facility of procuring the necessary apparatus, and the required air, render the experiment easy to be made, it will be advisable to try the effects of respiring the hyper-oxygenated air in the one case, and of the impure, hydro-carbonate air, in the other.

That the advice of a physician would be desirable, to point out the proper plan to be adopted in these cases, must be very obvious; and particularly so, when it is considered, that the medicinal effects of air, differing in purity from the common atmospheric air, is but a late discovery; that physicians are not yet determined, how much may be fairly attributed to their employment; and that from the industry with which this part of the healing art is cultivated, daily information may be expected to be obtained. In the present imperfect state of pneumatic medicine, much real scientific information is necessary in those who employ it.

DYSEN-

DYSENTERY,
OR
BLOODY FLUX.

THIS disease, in general, commences with griping pains about the navel, accompanied with a frequent desire to void stools. Sometimes these complaints are preceded by cold shiverings, to which fever succeeds. The gripings and stools soon become very frequent; the functions of the stomach become considerably impaired; the appetite is lost; nausea, sickness, and sometimes frequent vomitings, take place. The stools are in small quantities, and composed almost entirely of mucus; at times mixed with blood, which in some cases appears in the mucus, in streaks: and, in others, pure and unmixed. Small pieces of membranous films, and hardened excrement, are also observable in the stools, which are highly offensive, and of a smell peculiar to this disease. In general, the disease is accompanied, through its whole course, by a fever of a malignant kind; but sometimes,

the fever soon lessens, although the dysenteric symptoms continue.

Children and aged persons, and those who have been weakened by former diseases, are much endangered by attacks of this disease; and even those who are in the prime of life, are frequently so affected by it, as to give very just cause of alarm.

If the gripings become more severe, and the stools more frequent, whilst the quantity discharged by them diminishes; especially if the fever increases, the disease may be concluded to be getting worse. If the gripings cease entirely, and the discharge is of a dark sanious matter, the pulse becoming exceedingly small and quick, and the patient covered with a profuse cold sweat, a gangrene may be supposed to have taken place, and a speedy dissolution may be expected.

A favourable termination may be hoped for, when the gripings and stools become less frequent, and the discharge assumes a natural appearance.

It however frequently happens, that after the disease has assumed a more favourable appearance, and the patient is satisfied that his recovery

very is almost complete, the disease will continue without any farther amendment; inducing a train of diseases, which, unless well adapted means are employed, must be productive of much serious mischief.

It too frequently happens, that this disease is allowed to exist for some time before the patient, who supposes it a common looseness, acquires a knowledge of the nature of his complaint; in consequence of which it is permitted to run on until it becomes so inveterate, and the patient so much weakened, as to render the cure very difficult to accomplish.

To conduct a patient safely through this disagreeable and alarming disease, demands much care and sagacity on the part of the physician, and the strictest attention and most implicit obedience from the attendants. The cure of this disease depends in a great measure, on the removal of the excrements which are morbidly retained in the bowels; and, consequently, on the producing a fæcal discharge of a natural appearance. To effect this, purgative medicines, with occasional clysters, should be employed. But this mode of practice is very little likely to be followed by domestic practitioners,

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who cannot be made to comprehend the principle on which it is founded. To them it will appear, not only incompetent, but even severe and injurious. They cannot conceive how a purging is to be removed by increasing the discharge; or how griping pains are to be lessened, but by the use of warm and aromatic remedies. They therefore often take the liberty, not only to suspend the administering of the remedies prescribed; but to substitute for them those things which, in their opinion, will sooner remove the symptoms: endeavouring to stop the purging by the most powerful astringents, and to lessen the gripings by aromatic and spirituous drinks.

So far is it from being safe to trust the management of this disease, to any one whose only knowledge respecting it is derived from some treatise on domestic medicine, that it is difficult to convey to such, information sufficiently explicit, on the article of diet alone, to enable them to adapt it to the different cases of this disease. The age and strength of the patient, the state of the system, and the different stages of the disease, all require to be considered, before a fit regimen can be determined on.

If the disease be accompanied by inflammation, the food should not only be confined to a liquid form; but should also consist of those things which are simple, and are of a cooling nature; such as barley-water, thin panada, or thin gruel, made from flour or rice, &c. &c. Where there are no marks of inflammation, the diet may be more nutritive; but should still consist chiefly of liquids. To the articles above mentioned may be added broths of various kinds, calves feet jelly, &c. If the fever accompanying the disease is of a putrid nature, the patient should take freely of ripe fruits, the juice of ripe oranges, and currant jelly, may be added to the drinks. In general, the diet may be more nourishing, after the disease has existed some time; and particularly so, if the patient has been weakened by preceding diseases, or is either of a tender or an advanced age.

The chamber should be frequently supplied with fresh air, and filled with the fumes of vinegar, &c. The clothing of the patient, as well as the bed-clothes, should be frequently renewed; and every thing productive of offen-

five smell should be removed as speedily as possible.

To prevent a return of the disease, to which the patient will be liable, moderate exercise may be employed in the open air, in that degree, and in that mode, which his strength will permit. A tea-cupful of camomile tea, or of decoction of bark, may be taken three times a day. The diet should not consist too much of animal food; and spirituous and fermented liquors should be entirely avoided. The bowels should be kept in a state of regularity, and should be guarded from cold by additional clothing.

APOPLEXY,

IN this disease, the whole of the senses, and of the voluntary motions, are in some degree abolished, whilst the actions of the heart and lungs continue. The appearance of the patient is that of one in a deep sleep; the breathing being mostly accompanied by a loud snoring. The face is generally swelled, and of a dark florid colour,

colour, every vessel about the head and neck appearing to be distended with blood. The eyes are bloodshot, watery, and prominent; and frequently the head, and the whole body, is bedewed with a cold clammy sweat; and a paralytic affection of one side of the body is frequently found, at the same time, to have taken place.

Sometimes this disease comes on suddenly; but most frequently it is preceded by these symptoms. The face, for some time before, appears more than usually florid, and the eyes slightly bloodshot. The head is giddy, and frequently affected with pain, particularly in the back part of it. The extremities also are frequently affected with numbness, and irregularities, or inability of motion; and sometimes a little faltering of speech may be discoverable. The patient is almost constantly drowsy, and generally sleeps particularly sound; but is sometimes affected with fits of the *incubus*, or night-mare. A troublesome ringing noise is frequently perceived in the ears; transient irregularities, both in sight and hearing, are frequently discovered, and every sense appears, at times, to be somewhat impaired. Recollection, reflection,
and

and every other process of the mind, is performed, evidently, with lessened power.

The subjects of this disease, are, generally, persons in an advanced stage of life. Those have been observed to be particularly disposed to it, who are of a corpulent habit, and have a large head and short neck. Indolence, and indulgence in the luxuries of the table, as well as the suppression of any discharge, which, by its length of continuance, has been suffered to have become habitual to the constitution, contribute much to the forming of a predisposition to this disease.

Whatever interrupts the return of the blood from the head; or, by impeding its circulation through the other parts, throws it in too great quantity upon the brain, may prove an exciting cause of this disease; since the most frequent immediate cause of apoplexy, is the accumulation of blood in the blood-vessels of the brain, or an effusion of blood, or of some other fluid, in different parts of the brain, or between it and the bones of the skull. Every violent exertion, therefore, especially if accompanied by a full and long continued inspiration; a considerable degree of fatigue, excessive heat, or cold; a violent fit
of

of coughing; long continuance in a stooping posture, or with the neck in an oblique position; any thing worn tight about the neck; intoxication, excessive distension of the stomach and bowels, and violent emotions of the mind, may occasion this disease. It may also be produced by various other changes, which may take place within the cavity of the skull; the nature of which cannot be precisely ascertained during life.

In addition to the causes of apoplexy here enumerated, several others have been mentioned by different authors; such as the receiving the exhalations from newly plaistered walls, the mephitic air arising from fermenting liquors, the fumes arising from burning charcoal, brimstone, &c. from lead, arsenic, and several other substances; but the diseases induced by these causes being very different from apoplexy, and consequently requiring a different mode of treatment, will be spoken of separately.

In a disease, the causes of which are so various, and oftentimes so difficult to ascertain; whose mode of attack is always so alarming, and whose termination is generally so fatal, the earliest use of every effort, pointed out by study
and

and experience, must be adopted. To attempt to furnish family practitioners, therefore; with rules for the cure of apoplexy, would be absurd and dangerous: all that with propriety, therefore, can be attempted in a work of this kind, is to manifest the necessity of obtaining the earliest medical aid; to recommend the safest mode of treating the patient, until that is obtained; and to point out the most proper plan to be adopted, to prevent the return of the disease. No time, then, must be lost: the best medical assistance should be obtained, as soon as possible; since, in every moment that is wasted, the disease is, most probably, more firmly establishing itself. In the interim, no rash experiment, nor any violent endeavours, should be employed. The application of irritants to the nostrils, as volatile salts, snuff, &c. with the hope of rousing him from his state of insensibility, must be particularly forborne, as well as any attempts to force him to swallow any irritating liquors.

The patient should immediately be raised into an elevated posture, and his head, in particular, should be kept erect; since, otherwise, an angle being formed by the bending of the neck, the
blood

blood will be the more likely to be detained in the blood-vessels of the brain; which, of necessity, must occasion an augmentation of the disease. The neckcloth, and whatever is likely to occasion a stricture on any part of the body, must be removed, so that no interruption to the free circulation of the blood may exist. The air of the room should be moderately cold; and the clothing so disposed, as to allow the patient to breathe the cool air, at the same time that the body itself may be sufficiently defended from the action of the cold on its surface. In removing the patient to his chamber or bed, great care should be taken, that he be stirred no more than is absolutely necessary; and that an erect position be preserved as much as possible. Should the patient have been seized soon after eating a hearty meal, and should frequent urgings point out a disposition to retch, the discharge of the contents of the stomach may be procured, by irritating the throat and fauces with the end of a feather; supplying him, as soon as he is able to swallow, with camomile tea, salt and water, warm water, &c. until the stomach is quite emptied. This should, however, be performed with caution: if

if the eyes are very red, and the face exceedingly florid and turgid, it ought not to be attempted, until some blood has been taken away.

From a confidence in its utility, in every case of this disease, bleeding is almost always immediately proposed, by those who happen to be present at the first onset of the disease; and is generally adopted, if any one can be found who can wield a lancet. And, indeed, not only in this disease, but in every other, which menaces the speedy extinction of life, is this operation too generally had recourse to. To prevent the rash and dangerous adoption of this practice, it may be sufficient to impress on the mind, that these alarming situations may oftener depend on a depletion of the blood-vessels, and an exhaustion of the vital powers, than on too great fulness, or on too powerful action. Even in the disease, which is the subject of the present section, in which it must be acknowledged, that bleeding is more frequently demanded than in any other disease, which has for its characteristic symptoms the deprivation of sense and motion, the observations of the most celebrated physicians have

have proved, that bleeding is sometimes highly injurious.*

The best advice, therefore, that can be here given, with respect to bleeding, as a rule of conduct in these distressful cases, is, perhaps, to abstain from this operation, until the opinion of the intelligent can be obtained.

This delay will be especially necessary, if the countenance appears to be sunk and pallid, rather than tumid and florid; if this attack has occurred at the close of long continued labours, either of the mind or body; and in subjects who have not been devoted to indolent or luxurious indulgences.

A similar caution is necessary, with respect to the employment of blisters, which, from an opinion of the safety with which they may be used on all occasions, are often had recourse to in these cases. But, it must be here remarked, that their employment is admissible only in some cases; in others, every alarming symptom may be increased by their application.

* Heberden. Medical Transactions, vol. i. p. 471.

Fothergill. London Obs. & Inq. vol. vi. p. 680.

Kirkland's Commentary on Apoplectic and Paralytic Affections, p. 46.

It has been already remarked, that there is a certain peculiarity of make, which very much disposes to this disease; this was said to consist chiefly in a shortness of the neck, and a largeness of the head, accompanied by a full habit of body, and a florid countenance. I must here digress, for the sake of lessening unnecessary uneasiness and alarm, which may be excited, in those who may conceive they possess, in some degree, this peculiar form.

This peculiarity, it must be observed, then, only gives a greater susceptibility of this disease; and this by no means to the extent which has been generally supposed. The disease itself, and even a disposition towards it, must be produced by a concurrence of various circumstances, the greater number of which may be removed, or prevented, by a little care and resolution.

When it is recollected, that a frequent cause of apoplexy is a mechanical pressure on the brain, the consequence of the accumulation of blood in the blood-vessels of the brain; or of the extravasation of blood, or of some other fluid, in or upon the brain; it is obvious, that, to prevent such a fulness of blood arising, as may destroy the equilibrium between the blood-vessels

vessels and their contained fluid, should be the constant endeavour of every one who has reason to fear an attack of this disorder.

To effect this, it will be necessary that a due proportion be preserved, between the quantity of nourishment which is taken, and the waste which is occasioned by exercise. The patient should therefore be very sparing in his meals; of which animal food should form but a very small part. Spirits, wine, and the stronger kinds of malt liquor, as porter and ale, should be strictly avoided. The beverage should chiefly consist of lemonade, sherbet, whey, butter-milk, &c. and, where some indulgence to long established habits is insisted on, weak negus, or a glass or two of port, or of the lighter French wines, may be allowed after dinner.

The clothing should be light and loose; and particular care should be taken, that nothing the least tight be worn about the neck.

Exercise should be employed to a considerable extent, and no more sleep indulged in, than is just sufficient to recruit the strength. Sleeping immediately after a full meal should be carefully avoided: especially sleeping in a chair, which is particularly dangerous; since, in consequence of

muscles the which should support the head losing their power, during sleep, the head falls on one side, by which, the blood-vessels in the neck being compressed, the return of the blood from the head may be impeded, and a rupture of some of the vessels in the brain be thereby produced.

A considerable number of those who fall victims to this disease, are attacked during the night; this may be accounted for, by considering, that the horizontal position impedes the return of the blood through the jugular veins; its motion being no longer aided by its gravity, which was the case whilst the body was in an erect posture. For this reason, the beds of those who have cause to fear an attack of this disorder should be considerably higher at the head than at the feet. This rising of the bed should be gradual, such as would be occasioned, by shortening the supporting posts at the foot of the bed; since if it be attempted only in the usual way, by three or four pillows, in addition to those usually employed to raise the head, the chin will be thrown forward on the chest, and the neck bent at so acute an angle, as may be very likely, during the hours of sleep, by interrupting

rupting the passage of the venal blood, in the neck, to bring on those very effects which it was intended to prevent.

The man of business, who for his cares and exertions has obtained the reward of ease and competence, is particularly subject to this malady. In him we find the concurrence of many circumstances, which must have a tendency to produce this disease. In the days of his industry, when constantly labouring, perhaps literally so, to obtain the gains of his business or profession, the necessary exercise, both of body and mind, must, from the great expence of the vital fluid, occasion the demand of considerable supplies of nourishment; and we, in general, find, that men of the above description are favoured with organs of digestion in a sound and vigorous state, and are consequently well disposed towards the luxuries of the table.

Such a man seldom quits the pleasing bustle of a successful business, until he discovers, that he has so far passed the *acmé* of his life; that his abilities are not what they were, and that his exertions are no longer productive of that success which he has hitherto experienced. However disposed he may be, at first, to attribute

this to other causes, it will not be long before he discovers the true cause, in the diminished vigour, perhaps both of body and of mind.

He retires, therefore, from the busy world, with the intention, either of freely indulging himself with that rest, to which his pursuits, followed with avidity, have hitherto rendered him a stranger; or, at least, of exchanging his exercise and his employments, for such as may be more agreeable, and better fitted to his declining years and strength.

If we follow him in his retirement, we shall most probably find him indulging in almost a state of absolute indolence; or, at least, in a state comparatively so, if the active situation from which he has been removed, be recollected.

Although he may, for his health's sake, being aware of the ill consequences of the omission, make a point of taking some exercise; yet it is most likely that this will not be employed to that extent, which is necessary to prevent the evils intended to be avoided. This may arise from his varying his modes of exercise, when he changes his situation of life. Thus, whilst engaged in his former pursuits, we may suppose him to be almost constantly on foot, hurrying

to wherever he may be summoned, by the various calls of his business or profession. But after his retirement, he will most probably adopt, for his amusement, such exercises as will considerably differ from that to which he has hitherto, in some measure, been impelled. The culture of a flower-garden, riding on horseback, or even the regular ringing of dumb bells, may be adopted; but without answering the proposed intentions. To understand the reason of this failure, I must beg you to consider, that if any set of muscles are employed, in a different manner, and in a different combination, from that to which they have been accustomed, a sense of weariness and pain is soon experienced in them. Bend but the neck strongly to one side, and retain it there a few minutes, this fact will be soon sufficiently evident. Thus, though the gardener may delve from morning till night, with little or no inconvenience; and the veteran sportsman may follow the longest and hardest chace, with delight; he who has been unaccustomed to these modes of exercise, would, by employing them, not only soon become inexpressibly wearied; but would probably not get rid of the painful affection of the mus-

cies, for several days. In this way, an important deception may take place; for reckoning his exercise by the quantity of fatigue he experiences, he may suppose it to be equal to that which used to be afforded, by so much of his former amusements, as was productive of a similar degree of weariness. Whereas, on the contrary, although his fatigue may be considerable, his exercise may have been so trifling, as to have yielded no beneficial effect.

But should he, after his retirement, even persevere in a similar mode of exercise, with that to which he has been accustomed (of walking, for instance), it is very likely, that for want of an object sufficiently important and interesting to engage his attention, he will too acutely feel the many little inconveniences and troubles, which continually arise, to teize a mind which is too little occupied. In consequence of which, he will soon yield to a sense of weariness; and will endeavour to convince himself, that he has taken the full quantity of exercise, which had been allotted him.

Were he to lessen the quantity of his food, in the same proportion as he diminishes his exercise, little or no evil might arise; but, unfortunately it sometimes happens, that the
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mere habit of eating plentiful meals, may continue the custom ; even when the appetite itself does not demand them : and long after the various modes of exercise have been given up, by which the necessary balance should be preserved.

In a word, then, persons of the above description should change their modes of living gradually, and with the greatest circumspection : their minds should be almost constantly engaged, in some pursuit or amusement, which may keep off the attacks of languor and listlessness ; and the utmost care should be taken, that a due proportion be preserved between the food they take, and the exercise they employ.

But it is not the successful and high fed citizen alone, that is obnoxious to the attacks of this disease. It frequently marks for its victims, objects of a very different description—those who devote their hours to the most severe and abstruse studies ; and particularly those who may have long struggled with adversity and disappointment ; and whose minds have been constantly harrassed with anxious attention to speculations, which at last have involved them in ruin.

P A L S Y.

PALSY consists in a loss of the power of motion, but affecting certain parts of the body only.

The different forms in which this disease appears, are distinguished by different names, according to the parts which are affected : thus, if the lower part of the trunk, as well as the inferior extremities, are affected, the disease is termed *paraplegia* : if one side of the body is affected, with the limbs on that side, the disease is then named *hemiplegia*.

Such persons as have been already described, in the preceding chapter, as predisposed to attacks of apoplexy, are also very liable to paralytic affections. Those who lead sedentary and luxurious lives ; who have been much engaged in night studies, and watchings ; and have suffered much distress and anxiety, are frequently the victims of this malady. It seldom comes on before the middle stage of life is past, and has been thought to happen more frequently to females, than to men. Extreme cold-

coldness and dampness of the atmosphere, appear to be favourable to the production of this disease; since attacks of palsy, as well as of apoplexy, are very frequent at the first setting in of winter. The immoderate use of spirituous liquors, tobacco, coffee, and tea, will be likely to promote the production of this complaint. Similar effects may be also produced by quicksilver, lead, arsenic, and other mineral substances; either by the unskilful employment of them as medicines, or by the necessary exposure to their action, in the various arts in which they are employed, such as gilding, the fusing of metals, painting, &c. Sudden and violent gusts of passion, and other considerable affections of the mind, may also induce this disease.

The disease sometimes comes on without any previous symptoms, the patient having appeared, but just the minute before, as in perfect health; but it more frequently happens, that, for some time before, the patient has complained of pain, and of giddiness and weight of the head; and frequently of a general languor and listlessness; the powers of the mind also seeming, in some measure, to be impaired.

When

When the disease has taken place, the pulse, as in the apoplexy, becomes, in general, hard and full, and moderately quick; sometimes it is slower than natural, and sometimes very irregular, and even intermitting. The limb affected drops useless, and becomes pale and cold; and is almost always, at the first, in a clammy sweat; sometimes a painful prickling sensation is felt, exactly resembling that which occurs when the leg is said to be asleep; and in other cases, the parts affected are deprived of the sense of feeling, as well as of the power of motion. Apoplectic symptoms frequently accompany the disease at the first attack; but these sometimes subside, and leave the patient affected with the paralytic symptoms only.

When a sense of tingling is felt in the parts affected, and the parts regain a small degree of motion, a hope may be reasonably entertained, that a considerable change for the better may yet take place. This expectation may be the more indulged, if no giddiness, head-ach, or preternatural sleepiness, remain; especially if the patient seems to be regaining the powers of recollection, thought, &c.

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The danger with which this disease is known always to be accompanied, and the formidable manner in which its attacks are generally made, cannot fail but impress the minds of the patient, and his attendants, so strongly, as to render it entirely unnecessary here, to use any arguments against the folly of having recourse to the futile, or dangerous attempts of domestic medicine.

On the first onset of the disease, and before proper medical aid can be obtained, the cautions laid down in the preceding section will be very proper to direct the management of the patient.

As soon as the disease is sufficiently lessened, to allow of the patient's making use of exercise, it should be cautiously and regularly employed; but great care should be taken, that it be of that kind, which is best adapted to his strength and former habits.

Electricity is almost always had recourse to, in this malady, and too often without first obtaining the necessary information, from those who alone are capable of giving it, as to its propriety or impropriety. It is too generally supposed, that, although electricity may produce
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no beneficial effects by its application, in cases of disease, yet it cannot be productive of any injury to the patient. But the contrary of this is the truth ; for electricity, it is well known, is capable of producing very considerable, and very different effects on the animal system ; for at the same time that it is one of the most powerful stimulants that can be employed, it is also possessed of the power of rapidly destroying the mobility of the nervous system.

In cases, therefore, where the disease depends on a surcharge of the vessels of the brain, how dangerous must be the rash employment of so powerful a stimulant ! Again, when its debilitating effects are considered, how evidently it appears, that, in cases of debility, it must of necessity occasion the farther diminution of the vital powers ; and thereby produce an increase of the disease it was meant to remove, and perhaps the speedy death of the patient. Cases are not wanting, where the increase of palsy has been manifestly the consequence of employing electricity, with the hope of its removal.

“ That the electric fluid acts as a stimulus upon the animal system, must, I believe be allowed ;

lowed; but that its stimulant effects are more transient, and the succeeding state of debility consequently more rapidly produced, than what results from the application of any other known stimulus, must, I think, be also allowed.”*

Dr. Falconer, in the same work, observes—
 “Electricity has often been recommended as a remedy in palsy, and much cried up by some that pretend to secrets in the mode of administering this remedy. But the medical faculty have, I believe, nearly lost all faith in it, from experience of its general inefficacy to be of service, and, in some instances, of its mischievous effects. I am more certain that a strong electric shock possesses the power of causing a palsy, than I am of its having any power to cure it. We have lately had two instances in the Bath hospital, of persons who had paralytic attacks after being struck with lightning.”†

Dr. Falconer also observes, that it is a frequent practice to lap up paralytic limbs in many folds of flannel, and to keep the person

* An Account of the Effects of Lightning, by J. Parkinson, Hoxton. Memoirs of the Medical Society of London, vol. ii. p. 493.

† Ibid. p. 201.

so affected, very warm in every respect. But this is, undoubtedly, a very noxious practice, as it generally induces a tendency to sweat on the paralytic part, which always weakens it.

FAINTING.

IN this disease, the circulation of the blood, and the action of the lungs, become so much weaker than natural, as, in some cases, to give reason to suspect that they are entirely suspended.

When the disease does not come on so suddenly as to deprive the patient, at once, of his senses, he experiences a sense of pain and oppression, about the region of the heart; accompanied with excessive languor, and frequently with sickness. He sees very imperfectly the objects which surround him, which all seem to be possessed with a rotatory motion, and at the same time his ears are affected, with a confused ringing noise. Every part of the body, but particularly the face and extremities, become cold and pale; and are frequently covered with
a pro-

a profuse cold sweat. The powers of sense and motion are always impaired in some degree, and sometimes entirely suspended for a time: the pulse, as well as the breathing, being, at the same time, scarcely, if at all, to be perceived. After the symptoms have thus continued a few minutes, they gradually disappear; a discharge of the contents of the stomach sometimes comes on, and sometimes the fainting is succeeded by convulsions. In most cases, if proper means are not had recourse to, a recurrence of the disease may take place.

Of the numerous causes of fainting, the more frequent need only be enumerated; these are, sudden and profuse hæmorrhages, irregular distributions of the blood, immoderate discharges of various kinds, violent exertions, excessive pain, sudden or violent passions or emotions of the mind, disgusting sights, disagreeable odours, long continuance in heated rooms, debauches, &c.

A disposition to this disease may take place wherever debility exists; but when this disease frequently recurs, without any obvious cause, a morbid state of the heart or brain themselves is to be suspected.

The

The treatment of the patient respects either the shortening of the paroxysm, or the preventing of its recurrence.

The first of these intentions may, in general, be accomplished, by adopting the following means. The patient should be placed in a reclined posture, and every part of the clothing, which, by its tightness, is likely to interrupt the free circulation of the blood, should be immediately loosened. No more persons should be allowed to be in the room, than are absolutely necessary, from the assistance they may yield; and these should so dispose themselves, as not to interrupt the free access of the air to the patient. The doors and windows of the room, especially if the weather be warm, should be kept open; or, if the room be so situated, as not to allow of sufficient air being thus obtained, the patient may then be removed into the open air. The face may be sprinkled with cold vinegar, or water. The smoke of burnt linen cloth, vinegar, and any pungent vapour, particularly that of volatile salts, may be applied to the nostrils; but in doing this some management is necessary; since, without care, the intended effects will not be produced.

If the patient retains sense enough to experience any inconvenience from the application of pungent vapours to the nostrils, but not sufficient judgement to be aware of the necessity of inhaling them, the utmost exertions will be made by him to inspire through the mouth only; excluding the air thus impregnated, as much as possible, from the nostrils. It is usual to observe patients, in this state, thus bear the application of smelling bottles filled with the most pungent and volatile remedies, for a long time together, without seeming to be at all affected by them. In these cases the mouth is to be closely stopped, by holding a handkerchief forcibly against it, but leaving the nostrils perfectly free. The patient being now under the necessity of breathing through the nostrils, the effluvia which are employed, are impelled against the membrane which lines the cavities of the nostrils, and on which are disposed the sentient extremities of the olfactory nerves. Frequently it will be observed, when recourse is had to this mode, that the patient will for a long time refrain from breathing at all; but at last, being under the necessity of inspiring, and deeply, the pungent particles, imbibed in great quantity, and

with considerable force, will occasion so considerable a degree of irritation, as will suddenly and most effectually arouse the patient from his state of insensibility.

To hasten the termination of the fit, as well as to prevent its return, the occasional or exciting cause should be ascertained and carefully removed.

But to prevent the recurrence of this disease, something more is required ; for too frequently so strong a disposition to fainting fits exists, that the most trifling circumstance may prove sufficient to occasion them. Whenever this is the case, there cannot be a doubt but that so considerable a degree of debility is induced, as will be likely to terminate in some dangerous malady. The causes by which this state of extreme debility may be produced, are so numerous, and various, that to detect them, and appropriate the fittest modes of cure, is a task only to be undertaken by the skilful and experienced.

APPARENT DEATH.

REASON and humanity demand, that a knowledge of the proper mode of treatment of persons apparently dead, from drowning, &c. or brought to the brink of the grave by famine, or excessive cold, should be as generally diffused as possible.

The leading principle of our conduct, in every case where a near approach to death is occasioned by long fasting, or exposure to extreme cold, is to yield *as GRADUAL a supply as possible of that STIMULUS, from the deprivation of which life appears to be about to cease.*

Where life appears to be nearly extinguished by long exposure to extreme cold, the greatest caution is necessary in restoring the defective stimulus HEAT. Its application should be at first in the lowest degree, and should be gradually increased. Imitating the practice of the inhabitants of the cold countries, who, when any part of the body is *frost-bitten*, immediately thaw it, by rubbing it with snow; and very gradually expose it to the influence of a warmer

temperature, well knowing, that by a sudden approach to the fire the frozen part would soon be entirely destroyed.

When from *long fasting* the vital powers seem to be nearly exhausted, the supply of the defective stimulus, *FOOD*, should also be made in the most gradual and cautious manner. Weak broths should be first given, barely warm, and in very small quantities at a time; and afterwards gruel, milk porridge, milk enriched by the addition of an egg, wine whey, &c. may constitute the nourishment with which the restoration may, by the gentlest gradations, be completed.

The directions given by the Royal Humane Society are so clear and explicit, as to put it in the power of any one, to employ the most powerful means for the recovery of the apparent dead. As no opportunity should be omitted of promoting the diffusion of knowledge so important to the dearest interests of humanity, I have taken the liberty to introduce the process recommended by the society.*

* The Editor of the Reports of this Society eloquently remarks—"What an exalted transport must it afford every compassionate breast, to be instrumental in
recalling

RESUSCITATIVE PROCESS.

What thou doest, do quickly.

THE DROWNED.

1. Convey carefully the body, with the head raised, to the nearest receiving house.
2. Strip, dry the body ; clean the mouth and nostrils.
3. *Young Children* to be put between two persons in a warm bed.
4. An *Adult*—Lay the body on a bed, and in cold weather near the fire.

recalling our helpless fellow-creatures from apparent death ;—to witness the heartfelt passions of anguish and despair, of hope, surprise, and joy, which alternately agitate the human frame ;—to mark the lively traits of gratitude, painted in the countenances of the mother, sisters, brothers, &c. of the restored object !—What epicure could ever yet boast so refined, so exquisite a luxury, as the benevolent deliverer from such a scene—a scene far beyond what any pen has yet been able to describe, or pencil to express !”

In summer, expose the body to the rays of the sun; and, in warm seasons, *air* should be freely admitted.

5. The body to be *gently rubbed* with flannel sprinkled with spirits or flour of mustard. The proper substances to be sprinkled on flannels, and a heated warming-pan, covered, may be lightly moved over the back and spine. —Salt never to be employed.

6. The *breast* to be fomented with *hot spirits*. Hot bricks or tiles, covered, &c. to be applied to the soles of the feet and palms of the hands.

If no signs of life appear, the body to be put into the warm bath.

7. To *restore breathing*—Introduce the pipe of a bellows (when no apparatus is at hand) into one nostril; the other, and the mouth, being closed, *inflate the lungs*, till the breast be a little raised; the mouth and nostrils must then be let free. Repeat this process till life appears.

8. *Tobacco smoke* is to be thrown gently into the fundament, with a proper instrument, or the bowl of a pipe covered, so as to defend the mouth of the assistant.

9. *Elec-*

9. *Electricity* to be early employed, either by the medical assistants, or other judicious practitioners.

INTENSE COLD.

Rub the body with *snow, ice, or cold water.*

Restore warmth by slow degrees; and after some time, if there be no appearance of life, the resuscitative process for the drowned must be employed.

SUSPENSION BY THE CORD.

1. A few ounces of blood may be taken from the jugular vein; cupping-glasses applied to the head and neck; leeches also to the temples.

2. The other methods of treatment the same as recommended for the apparently drowned.

SUFFOCATION BY NOXIOUS VAPOURS.

Cold water to be repeatedly thrown upon the face, &c. drying the body by intervals.

If the body feels cold, employ gradual warmth; and the plans for restoring the drowned.

INTOXICATION.

The body to be laid on a bed, with the head a little raised: the neckcloth, &c. removed.

Obtain immediately *medical assistance*, as the modes of treatment must be varied according to the circumstances of the patient.

GENERAL OBSERVATIONS.

1. On *signs of returning life*, a tea-spoonful of warm water may be given; and, if swallowing be returned, warm wine, or diluted brandy. The patients must be put into a warm bed; and, if disposed to sleep, they will generally awake perfectly restored.

2. The *plans of resuscitation* are to be used for three or four hours.

It is an absurd and vulgar opinion, to suppose persons irrecoverable, because life does not soon make its appearance.

3. *Bleeding never to be employed, unless by the direction of the medical assistants.*

CONVULSIONS.

By convulsions are here meant those epileptic convulsive fits, to which children are subject; and which from the suddenness with which they occur, and the shocking appearances they exhibit, are truly subjects of alarm to a parent.

To prove how much circumspection and skill is required in the treatment of this disease, it may be only necessary to point out the various causes from which it may proceed. The difficulty which must generally occur in ascertaining, on which of these causes the convulsions may depend, must be then sufficiently obvious.

Among the most frequent causes of convulsions may be enumerated painful dentition; the access of small pox, measles, and other eruptive fevers; the irritation from worms, in the intestines; excessive distension of the stomach, with even food proper in quality; the irritation from the employment of crude and indigestible substances for food; the retrocession of eruptions on the skin; the incautiously drying up of some discharge; the distension of the stomach or intes-

intestines with wind; sudden and violent noise; acute pain; and breathing too long a vitiated air.

Should it not be likely that medical advice can soon be obtained, as strict an enquiry as possible should be made, by the parents of the child, to ascertain the exciting cause; so that an appropriate method of treatment may be adopted.

In the first place, the state of the stomach and belly should be enquired into. If the region of the stomach seems distended; if the child has, either before the fits, or in the intervals between them, made exertions to vomit; and especially if the child has been fed plentifully not long before, an emetic of the tartarised antimonial wine should be given as soon as it can be swallowed, in a dose proportioned to the age of the child.

If there be an evident distension of the belly; especially if the child have appeared to suffer pain in the bowels, the cause of the mischief may justly be suspected to exist there. Information must then be obtained, as to the previous state of the child's bowels. When costiveness has preceded, a clyster should be exhibited, composed of thin gruel, coarse sugar, and castor oil;
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a powder may be also given, with a grain or two of calomel, and six or eight grains of jallap; repeating the clyster every hour until stools are obtained. But if the child have been reduced by a long continued looseness, the distension of the bowels may be attributed to confined air; and a clyster, made by boiling carraway or anniseeds in thin gruel, should be directly given. A tea-spoonful of some carminative mixture, made by adding two tea-spoonfuls of some aromatic cordial, such as anniseed, juniper, or carraway, with as many table-spoonfuls of water, in which has been dissolved a small quantity of sugar, may be occasionally given. The belly should be also rubbed with such a degree of pressure, as will be likely, without giving much pain to the child, to occasion the dispersion of the confined air. Both in this, and in the last case, the belly may be fomented with flannels wrung out of a strong decoction of camomile flowers. The camomile flowers themselves, wetted with any spirits, and made hot, may be also applied, in a flannel bag, to the belly.

If the symptoms which have previously occurred give reason to suspect the presence of worms, a calomel purge may be given as soon

as

as the child can swallow ; and a clyster may be thrown up, made by dissolving a few grains of aloes in water or milk, to which a small portion of oil may be added : the quantities, of course, depending on the age of the patient.

In those fits, where the exciting cause cannot be ascertained, and in the above-mentioned cases, where such of the foregoing means as appeared most appropriate have not succeeded, and regular assistance cannot yet be obtained, the following measures may be adopted. If the blood-vessels of the face be turgid, the eyes red, and the countenance of a crimson hue, blood may be taken away from the arm, or, by leeches, from the temples. The feet and legs may be bathed in warm water, and, where no considerable determination to the head appears, spirits of hartshorn, or sal volatile, may be held to the nostrils, and rubbed on the temples, &c.

Should the remedies employed prove successful, still considerable attention will be required, in discovering on what cause the disease depends, that the most effectual means may be adopted to prevent a relapse. Here I must take notice of the absurd opinion, that a physician is not required in the diseases of chil-

children—an opinion which, unfortunately for the little sufferers, is too generally embraced. But surely the occurrence of circumstances so ambiguous, as are perceived in the diseases of children, demand the closest investigation, of even the most intelligent physician. Often will, in other respects, a considerate parent say, “the poor child is unable to describe its complaints,—therefore a physician can be of no use.” Instead of concluding, that in proportion as the case is involved in obscurity, are knowledge and the power of discernment required. Dr. Underwood, in his Treatise on the Diseases of Children, justly remarks, “that although infants can give no account of their complaints, in the manner we receive information from adults, their diseases are all plainly and sufficiently marked by the countenance, the age, the manifest symptoms, and the faithful account given by the parent, or an intelligent nurse. This I am so confident of, that I never feel more at my ease, in prescribing for any disorders, than those of infants; and never succeed with more uniformity, or more agreeably to the opinion I may have adopted of the seat and the nature of the disease. Every distemper may
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be said, in some sense, to have a language of its own, and it is the business of a physician to be acquainted with it; nor do those of children speak less intelligibly. Limited as is human knowledge in every department, there are yet certain principles and great outlines, as well in physic as in other sciences, with which men of experience are acquainted, that will generally lead them safely between the dangerous extremes of doing too little, or too much; and will carry them successfully, where persons who want those advantages cannot venture to follow them. Let me ask, then, is it observation and long experience, that can qualify a person for the superintendence of infants, or the treatment of their complaints? Surely all these fall eminently to the share of regular practitioners, to the utter exclusion of nurses and empirics."

EPILEPSY,

EPILEPSY,

OR

FALLING SICKNESS.

IN these fits, the person falls, suddenly deprived of sense and motion. During the fit, the limbs, the muscles of the face, and every part of the body, are violently agitated by convulsive struggles; a frothy liquor issues from the mouth, and, if great care be not taken, the tongue is thrust out of the mouth between the teeth, and wounded by their convulsive closing.

During the fit, the greatest care should be taken that the patient does not injure himself by the violence of his struggles: he therefore should be directly placed on a bed. From neglect of this caution, it often happens, that the poor sufferer sustains very considerable injuries. The clothing should be every where loosened, and the head moderately elevated. As soon as possible, some substance should be introduced and held between the teeth, to prevent their closing on the tongue; and even
when

when sense appears to be a little returned, no vessel of any fragile substance, as earthen-ware or glass, should be used for the purpose of offering drink; lest, from the delirious state which occurs in the interval of the convulsion, or from the convulsion itself suddenly coming on, he should bite out a piece of the edge of the cup, or glass, and thereby get the sharp and broken fragments within his mouth.

Should it appear that the patient has been drinking too freely of spirituous liquors, or has loaded his stomach with indigestible and offensive matters, the first opportunity should be seized of getting a pretty strong emetic into the stomach. In these cases, it generally happens, that as soon as the stomach is cleared of its injurious contents, the convulsions entirely subside.

With respect to the other causes of this shocking disease, they are so numerous, and, in general, so difficult of detection, that the aid of some medical man should be always, if possible, obtained immediately on the fits taking place. To prevent the return of the fit, the domestic pharmacopœia teems with recipes; but, previous to the adoption of any of these, I must entreat
you;

you, and my other readers, to attend to this fact—
 That this disease may arise from causes almost
 innumerable; and many of these not only
 much differing from, but even sometimes
 directly opposite to, each other. A due atten-
 tion to this circumstance must certainly, not
 only shew that a medicine ought not to be thus
 snatched at random; but also that much patient
 investigation will be required to be employed,
 even by the most intelligent physician, before
 he can venture to determine on the means to be
 used for the cure.

WORMS.

As epileptic or convulsive fits are very fre-
 quently occasioned by the presence of worms in
 the intestines, it may not be improper to speak
 of them here.

Paleness, irregular appetite, and pains of the
 stomach and bowels, are generally supposed to
 be marks, by which the existence of worms in
 the stomach or bowels may be known; but
 these symptoms are equivocal, since they gene-
 rally

rally accompany a debilitated state of the system, proceeding from any cause whatever. Indeed, it is by no means so easy, as is in general imagined, to determine whether worms do really exist in the bowels, or not. It would be easy to recite, in this place, the signs which are usually said to denote the presence of worms; most, or indeed all, of which accompany debility arising from various other causes: but the point is only to be determined, by a judicious and careful consideration of all the symptoms that are present, as well as of former illnesses, on which some of these symptoms may depend.

The necessity of determining, with some degree of accuracy, whether the complaints of a child depend on worms, or not, is much greater than may at first appear. The symptoms which are said to mark their presence, I have already observed, are those which likewise accompany debility from any other cause. If, therefore, this debility proceed not from worms, and the means generally recommended for their removal, particularly smart mercurial and scammoniate purges, be adopted, they will not only fail of producing beneficial effects; but, by

increas-

increasing the weakness of the patient, occasion very dangerous consequences.

Within these few months, I witnessed the destruction of a young woman, who, enfeebled by a weak state of the stomach and bowels, could not be dissuaded from believing that her complaints were occasioned by worms. She therefore procured and took, without acquainting her friends, a nostrum advertised as a safe and speedy cure for worms. After a little time, she perceived a little soreness of her mouth : this she little noticed. It became worse, and this she concealed as long as she could, ashamed of having secretly employed those means to which she attributed her present complaints. At last she informed her friends of her distress and its cause, and, upon examination was now found to be in a deep salivation. By a proper treatment the salivation was, after some time, stopped ; but so much was she reduced by the severity of her sufferings, by the quantity of saliva discharged, by the deprivation of her food, &c. that, although placed in the country, under the care of an attentive and assiduous mother, she soon died.

WEAKNESS OF THE STOMACH.

THE symptoms which evince a weak state of the stomach are loss of appetite; squeamishness, sometimes arising to such a degree, as to be succeeded by vomiting; heart-burn; costiveness; distensions of the stomach, particularly upon taking even a very small quantity of food; frequent risings into the throat of a sharp acid liquor; and eructations of imperfectly digested matter.

The evils arising from this disease, are by no means confined to the stomach; but generally extend over the whole system. From the sympathy which exists between the brain and the stomach, the patient is also affected with giddiness, and pain of the head.

In consequence of the functions of the stomach not being duly performed, a sufficient quantity of aliment is not taken into the stomach; and what little is taken in does not undergo a proper digestion. The blood, therefore, becomes so impoverished, that the body no longer receives its due quantity of nourishment;

ment; hence arises a paleness and coldness of the whole surface of the body, and particularly of the extremities; the patient becoming weak and emaciated, his lips white, his tongue foul, and his countenance bloated and unhealthy. A considerable degree of languor and dejection of spirits also take place, his nights are disturbed with frightful dreams; and in the day time his mind is distressed with a variety of ill-grounded alarms, and apprehensions. If the disease is not timely opposed by proper means, the feet and legs will be perceived to swell; plainly shewing that excessive debility has taken place, and that a collection of water may be soon formed in some of the larger cavities, by which death itself may be induced.

Errors, and irregularities in the mode of living, are the most frequent causes of this malady. Those who indulge in the immoderate use of tea and coffee, are particularly liable to it; as well as those who are habituated to the constant use of tobacco, and opium. Even bark and bitters, than which few things are more serviceable in curing this complaint, will frequently increase it, or even produce it, if exhibited improperly. Those who are much

exposed to cold and moist air, and those who lead sedentary lives, and apply themselves too closely to business, or to intense study, as well as those who suffer from anxiety, and distress of mind, are often victims to this disease. Distending the stomach frequently, with excessive quantities of either solid or fluid aliment, is likewise injurious. But the most frequent cause of weakness of the stomach is, perhaps, the constant use of spirituous and strong fermented liquors. Nor is it necessary to the production of this disease, that these liquors should be taken in such quantities as will produce intoxication; since these effects succeed to the frequent drinking of them, in small quantities, and even when highly diluted.

There are few diseases, if any, over which the physician has so little power; unless aided by the resolute efforts of the patient, as in this. In vain may he prescribe the best adapted remedies, and in vain may they be swallowed, unless the strictest attention be paid to those rules, which every physician must think necessary to deliver to patients in this disease. These injunctions, indeed, must too frequently be of such a kind, as very few will be disposed to submit

submit to ; since they will enjoin, perhaps, the yielding up of habits, which, in consequence of long indulgence, have taken such possession of the will, as to require the most sedulous, and unremitting endeavours to overcome them. They may perhaps require a course of life to be pursued, totally opposite to that in which the patient has placed his greatest delight and enjoyment.

There exists but little chance that a physician will be able to convince his patient, that any ill effects can be produced by the continuance of practices, in which he has so long persevered ; and in which so many persist, and, as he supposes, for want of sufficient enquiry, with entire impunity. Or should a physician prove so successful, with the arguments he may adopt, as to convince his patient of the pernicious consequences of any farther indulgence ; how little probability is there, that the necessary restrictions will be complied with. Rather will it happen, and, in fact, so it daily does happen ; that the patient, soured by the long continuance of his disease ; angry with the physician, for having pointed him out, as the cause of his own sufferings ; and vexed with himself, for
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his weakness, and want of resolution; will rail at the inefficacy of the art, and perhaps at the ignorance of its professors; asserting, that the admonitions he has received, are such lessons of austerity, as his monitor himself, has neither the power, nor the inclination to follow.

If a physician takes upon himself the honest part of shewing to his patients, that the greatest number of diseases are the result of indulgence in indolence and luxuries, he may expect, to a certainty, the fate of having his lectures but little attended to; and may even esteem himself fortunate, if he escape both abuse and ridicule. "Who is this," the multitude cries, "who presumes thus to preach?" 'Tis some satiated epicure, or some rigid melancholic. If health and life are only to be purchased at the price of all our enjoyments, they are not worth the price. If our lives are thus to consist of a perpetual state of warfare and toil, hourly struggling between the dictates of our habits and inclinations, and the denunciations of our physicians, let us take our chance—A short life and a merry one." Were physicians to expect, that the present race of *bon vivants* would be reformed by their writings, and

would

would immediately set about to correct their irregularities, and abridge themselves of their indulgences, they might perhaps deserve to be told, that their plan was chimerical and absurd. But those who venture to inveigh against idleness and intemperance, presume not to hope for the accomplishment of such wonders; they cannot expect that their doctrine should often procure the sacrifice of favourite, and long indulged habits: they will be amply rewarded, with the pleasing idea of having made some converts, to their opinions; who, though they may not possess resolution enough to quit the paths in which they have so long trodden, will not be inclined to suffer their children to be enslaved by habits, the ill effects of which they have themselves so much experienced.

This disease, however, as you will perceive by reverting to the enumeration of its causes, is not the lot only of the luxurious liver; since it too often forms an addition to the distresses of the unfortunate; but never more certainly, than when he seeks a respite from his miseries, in the temporary exhilaration arising from the abuse of spirituous liquors.

The

The symptoms accompanying this malady, mark it so distinctly, that there are very few who suffer from it, but are enabled to judge of the nature of their complaint. The inconveniences they experience evidently pointing out a weakened state of the stomach.

When the symptoms have become so considerable as to force the patient to seek for relief, he in general has recourse to some heating aromatics, or bitters steeped in spirits: the stomach being stimulated by these means, a trifling amendment will take place; some of the symptoms becoming more moderate, whilst others are even suspended. This truce will be, however, but of very short duration, unless more effectual means be employed. To procure an entire removal of the disease, the stomach must be cleansed of the sordid and ill digested matters with which it is loaded; and proper regulations must be adopted, both as to diet and medicine, to prevent their future accumulation. If these be carefully attended to, the Peruvian bark, bitters, preparations of steel, &c. may be administered with great probability of essential benefit.

The

The infusion of camomile flowers is a medicine which is frequently employed, with a considerable degree of success, in this disease; but owing to a mistake, sometimes made in the mode of administering it, effects are produced, quite opposite to those which were hoped for: the error consists in the infusion being drank warm, and in a large quantity; by which nausea, and even vomiting, is produced; whereas if taken in the quantity of a tea-cupful, and quite cold, it lessens sickness, and increases the appetite.

To furnish a plan of regimen, adapted to every constitution and habit, is by no means an easy task; since some variation will be always required, according to the age and strength, as well as the former habits of the patient. But, in general, by strictly regarding the following rules, the cure of the disease will be accelerated, and future attacks of it prevented.

The greatest attention should be exerted by the patient, in endeavouring to discover what circumstances prove beneficial, and what injurious; regulating his mode of living, in future, by the information he thus obtains. The circumstances

cumstances which have been already enumerated, as productive of this disease, must, of course, be carefully avoided.

The food should be taken in small quantities at a time, but with frequency; carefully avoiding the distending of the stomach, especially with liquids. Fat of meat, butter, and all oily substances, should be taken very sparingly; and if at all rancid, abstained from entirely. Broths, &c. with all liquid food, should be fully impregnated with nutritive matter; and should be taken only lukewarm. Fruits, and vegetables of all kinds, should not be used, until a considerable progress is made in the cure. The vegetable acids, such as vinegar, lemon-juice, &c. should be employed with a considerable degree of caution.

Early rising, and moderate exercise in the air, particularly riding on horseback, will prove exceedingly serviceable, giving strength and tone to the stomach, as well as to the whole system.

But when it is considered, that this disease may, if not timely removed, produce hypochondriacal, and other most serious and distressing complaints, no one, surely, who has it in his power,

power, will hesitate, as to obtaining the advice of the intelligent and friendly physician.

HYPOCHONDRIAC AFFECTION.

THE hypochondriac is distinguished, in the words of the celebrated Cullen, by—A languor, listlessness, and want of resolution and activity with respect to all undertakings; a disposition to seriousness, sadness, and timidity; as to all future events, an apprehension of the worst, or most unhappy state of them; and therefore, often upon slight grounds, an apprehension of great evil. Such persons are particularly attentive to the state of their own health, to every the smallest change of feeling in their bodies; and from any unusual feeling, perhaps of the slightest kind, they apprehend great danger, and even death itself.

Those who are unhappily afflicted by this malady, too frequently become the subjects of raillery and reproof. The strange capriciousness of their complaints induce those around them to suspect them all to be imaginary. This
is,

is, however, very far from being the case. It is true, indeed, that from the constant attention they are disposed to pay to every trifling change which arises in their bodies, and from the apprehensions with which they are tormented, their account of their feelings may be rather exaggerated and hyperbolical. But allowing this to be the fact, and even that the most ridiculous and chimerical distresses are imagined by them; even in that case, their sufferings are such, that no considerate person will regard them in any other point of view, than as demanding all the solace and relief that friendship, attention, and judgement, can bestow.

It must be confessed, indeed, that much depends on the patient himself, and that several circumstances imperiously require of him a considerable degree of exertion. A fondness for frequent and various medicines, he should carefully strive to repress; he should seek for a physician to whom he can entrust himself and his complaints, with friendly confidence, and to whose advice he can pay implicit obedience; guarding himself against suspecting neglect, because his medical friend honestly avoids to
load

load his stomach with more drugs than are necessary. But the grand point, on which all must turn, is his ready acquiescence in those other measures which may be dictated to him, as essential to his recovery. He must arouse himself from his distressing state of listlessness, and allow himself to be disposed of as his friends may advise, for the purpose of diverting his attention to other objects than his own feelings. His proper avocations should be attended to, such arrangements being formed, as shall prevent him from being exposed to too much anxiety or fatigue.

His amusements should always be such as will afford a sufficient degree of interest; such are games of skill, as cards, draughts, backgammon, and even chess; for although the latter demands almost painful attention, yet it thereby prevents a much more injurious attention to certain other objects. These sedentary amusements should not wholly engross his hours, but should be interrupted by various exercises in the open air; such as sailing, riding on horseback, driving a carriage, &c.

I cannot quit this subject without again noticing the folly, nay cruelty, of considering
this

this complaint as dependent on the will of the sufferer; and remarking, that so far from this being the case, this disease particularly depends on the original temperament of body. As well, therefore, may the peculiar make of the patient be ascribed to him as a crime, as the distressing feelings he experiences be attributed to his caprice.

COLIC.

To the treatment of this malady, domestic doctresses have long laid an exclusive claim: family pharmacopæias teeming with colic tinctures and elixirs, which, except when composed of too fiery ingredients, will frequently produce a mitigation of the symptoms, and sometimes a cure.

To produce this desirable effect, however, these medicines must be employed in pure colic; and where no inflammation of the intestine has taken place. But, unhappily, it is extremely difficult to determine, whether inflammation be come on, or not: and there is very little doubt, that

that if this should be the case at the time of the administration of these medicines, considerable injury may be occasioned. Dr. Alexander Monro observes, "The common practice of taking spirituous liquors, or the warm carminatives, when people feel colic pains, is often unlucky, and public warning should be given against it; for though relief is found from such things in the windy or spasmodic colic, which is not a deadly disease; yet they hurry on the inflammatory diseases so fast, that they soon prove mortal."*

Much mischief may indeed be the consequence of mistaking the symptoms of pure inflammation of the bowels, or of strangulated rupture, for those of colic. It is not to be wondered at, that domestic practitioners should be very liable to fall into this error; since considerable attention is required in the exercise of the judgement, in similar cases, by those who are well skilled in the nature of these diseases. This arises from the similarity of the symptoms belonging to these several diseases.

* Observations, &c. by Dr. A. Monro. Medical and Literary Essays, Vol. I.

In colic, the chief symptoms are, frequent vomitings, obstinate costiveness, severe griping pains over the whole of the belly, but chiefly about the navel, accompanied by a painful sensation of distension; the external part of the belly being, at the same time, drawn irregularly inwards. If these symptoms be compared with those which were described as the symptoms of inflammation of the bowels, and with those which belong to strangulated rupture, treated of in the next article, the resemblance will be found to be so great; as plainly to shew the danger of attempting even the alleviation of such symptoms, without judgement sufficient to discover their true origin.

In those cases where other assistance cannot be obtained, and where, from the former occurrence of the symptoms, or from other circumstances, the disease is clearly ascertained to be colic, a clyster may be given, composed of a pint of warm fat broth, to which may be added a table-spoonful of common salt; or the same quantity of gruel with two table-spoonfuls of castor oil, and a table-spoonful of soft sugar. If stools are not thereby obtained, a spoonful or two of castor oil may be taken. The belly
should

should be fomented with flannels wrung out of hot water, and between the times of fomenting may be covered with one of the flannels wrung out as dry as possible, over which may be laid a large oxes bladder, nearly filled with hot water.

If these means fail, much circumspection is required, before any determination is made, as to the next measure to be adopted; it being necessary to ascertain, with as much precision as possible, whether inflammation has taken place or not. For should the complaint be merely colic, without inflammation, the cure may be accomplished by some carminative purging remedy, such as fena tea, warmed by the addition of a little spirits of anniseed; but should inflammation have come on, not only will every thing irritating be productive of farther injury, but it will even be necessary to employ bleeding, and that with a considerable degree of freedom.

RUPTURES, OR HERNIÆ.

THE term rupture was adopted when it was supposed, that the disease was always the consequence of a rupture of some of the parts which form the cavity of the abdomen or belly. But anatomical examination has shewn, that this disease, as it most commonly appears, takes place in consequence of the protrusion of some of the contents of the abdomen, through openings which are natural to the human body; and without any rupture, or violent separation of parts. It will not be necessary to describe particularly, the several kinds of ruptures which may occur. It will be sufficient to observe, that ruptures generally appear in the groin, in the upper and fore part of the thigh, and at the navel: but they also may occur in any point of the fore part of the belly. Those which appear, at first, just above the groin, will, in general, if neglected, soon descend into the *scrotum*, in men, and into the *labia pudendi*, of women. The tumor, in this disease, is most commonly
formed

formed by a part of the intestinal canal, or of the omentum or caul, or of both.

In those ruptures which are capable of easy reduction, as soon as pressure is properly made, the protruded intestine generally slips up, all at once, with a kind of gurgling noise, and the tumour immediately subsides: where the tumour has chiefly been formed by *omentum*, that passes up more slowly, and without that particular noise which accompanies the return of the intestine.

In those cases of rupture, where stricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tense and painful, the pain of the belly, as well as of the tumour itself, being much increased by the least exertion; a total stoppage of discharge by stool takes place, and the patient is distressed by a sickness at the stomach, which increases, until almost constant retchings add to his sufferings.

Having called your attention to these two states of ruptures, with or without stricture, I will now point out that information respecting them, of which I am convinced that every one ought to be possessed.

In those ruptures which are easily reduced, the mind of the patient should be impressed with the conviction, that, in general, and particularly where the disease is recent, it will depend entirely on his own choice and resolution, whether he ever suffer from it any serious inconvenience, or not. He may assure himself, that from the moment the parts are reduced, he has it in his power constantly to retain them in their natural situation; and that, if he neglects to do this, he may expect the disease to increase daily; and, not only that the tumour may attain an inconvenient, and even enormous size, but that he will be also momentarily liable to have a stricture induced on the protruded parts, which never happens without the greatest degree of danger.

To prevent all these evils, it is only necessary, that such a pressure be kept on the opening, through which the part protruded, as may prevent its again falling out; the pressure of the fingers shews how effectually this may be done, and if, at the time this pressure is made, the patient but gently coughs, he will discover how forcibly the protruding parts are driven outwards, and how necessary it is to guard against
their

their future propulsion. The ingenuity of artists has devised a mode, by spring trusses, of applying a constant and properly adapted pressure; requiring little or no exertion, or even attention, of the patient himself. No person, therefore, in the situation just described, should suffer a day, more than is absolutely unavoidable, to pass, without obtaining the comfort and security which will follow the application of a truss; since, if it be adopted at the first appearance of the disease, not only will the malady be stopped in its progress; but, if employed with constancy and steadiness, a radical cure may be gained. To those whose circumstances will render the acquisition of this instrument easy, nothing further need be said; but the poor industrious labourer, whose month's earnings would hardly suffice to make the required purchase, should be apprised of the vast importance of the early application of a truss: his better informed neighbour should instruct him, that after the first appearance of this disease, no consideration ought to induce him to make one more laborious exertion, until provided with this security against future mischief:—that, if neglected, it will, in consequence of

his exertions, increase with rapidity; and may even soon destroy him: and lastly, that there can be no little luxury, or convenience, which he ought not to give up; nor any sacrifice of delicacy, which he ought not to make, that prevents his application for benevolent and charitable aid, in procuring this important and necessary instrument.*

If

* It is with much pleasure I perceive an institution is formed, under the chirurgical direction of Mr. W. Turnbull, for supplying the ruptured poor with trusses. It is much to be wished, that similar charitable establishments may be formed in every part of the kingdom, for the relief of the poor afflicted with this malady. Miserable indeed is the state of him, who is under the necessity, either, for the sake of retarding the progress of this disorder, of totally abstaining from the labour which furnishes his family with bread; or of rapidly increasing this shocking evil, and even of hastening his death, by persevering in his employments. His claims on the affluent are surely too just and powerful to be evaded; especially by those who have themselves experienced the great advantages derivable from the use of these instruments. Mr. Blizard, in his *Suggestions for the Improvement of Hospitals, &c.* when enumerating the cases of distress in hospitals, which call upon humanity for consideration, but which cannot be brought within the provisions of those valuable institutions, particularly

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If it be discovered that the return of the rupture is become difficult, and that a stricture on the protruded part has perhaps taken place, the person should place himself on his back, inclining to the side opposite to that diseased, with the head low, and the breech raised high, the knees being drawn upwards, and a little outwards. Whilst laying in this posture, he should endeavour, by such pressure as he has been accustomed to employ for its reduction, to return the protruded part. Should he not succeed in this attempt, he may lay on the part a piece of folded linen dipped in cold water, and repeat his attempts. If these be also unsuccessful, he may then be assured that a stricture has taken place, and that ON THE SPEEDY REMOVAL OF THIS HIS LIFE DEPENDS.

This assertion is by no means made to occasion unnecessary alarm. One moment's consideration of the state of the parts, must be sufficient to shew the necessity of *immediate regular aid*, and the danger of trusting to

mentions "Cases of rupture, from sudden causes, which frequently require trusses, for preventing relapse, and even consequent death."

domestic

domestic tamperings. Let it then be considered, that part of the contents of the abdomen, and probably a fold of the intestine, is thrust out of the cavity, and confined by the close pressure of the sides of the aperture, through which it has passed; that whilst in this state no faeces can possibly pass beyond the protruded part, a circumstance which of itself must occasion death; that, almost from the moment of its being thus incarcerated, inflammation begins to take place; and proceeds, if the stricture be not removed, until it terminates in mortification; and that the most expert and judicious surgeons are sometimes unable to reduce the protruded part, without an operation. Surely, when these circumstances are considered, no one will hesitate in determining, that not a moment should be lost; but that the best chirurgical assistance that can be had, should be directly obtained.

From want of knowledge of these circumstances, alarm is, in general, not excited sufficiently soon to allow of benefit being derived, even from the best adapted means; and very frequently, as is known to almost every surgeon, in that time which is lost, in following the
routine

routine described in some treatise on domestic medicine, do those mischiefs occur, which place the recovery of the patient beyond the reach of art.

But it is not the loss of time merely, of which we have here to complain: since it must too often happen, that the attempts to reduce the rupture, made by one who is not possessed of any anatomical knowledge, must increase the difficulty of the reduction. Force, in most cases, must be employed; but if this be not done most carefully, and in a proper mode and direction, no advantage will be derived from it: but, on the contrary, the fold of the intestine, which, in consequence of the stricture, is already considerably inflamed, will suffer an increase of inflammation; and the total strangulation of its vessels, and the death of the patient, must be accelerated.

Should every other means have been employed without success, the reduction of the rupture, by operation, should *immediately* be had recourse to. By this the surgeon obtains access to the protruded part, and is then enabled to adopt effectual means for its reduction.

The horror excited by the idea of such an operation, as shall expose a part of the intestinal canal,

canal, frequently determines the patient to submit to the certain loss of life, rather than thus receive immediate relief. His terrified imagination conceives the operation to be painful and dangerous in the highest degree. His alarm prevents him from fairly attending to the arguments employed to induce him to submit; and he concludes, that the chance of relief is so little, as not to be worth the additional torments, he imagines he shall suffer from the operation. But every man's mind should be impressed, previous to the moment of alarm and confusion, with these important truths—that the pain of this operation but little exceeds that which the patient is already suffering, or that which would be experienced by opening an abscess of a moderate size: and that so little danger attends the operation itself, that in almost every case where it terminates fatally, it may be fairly attributed to its having been too long deferred.

Before I conclude this article, justice to the afflicted demands, that I should state the claims a patient has on his surgeon, in this case. When once a stricture has taken place, no temporising can be admitted; nor ought the patient

patient to be left, a moment, with the fallacious hopes of a cure, by the spontaneous efforts of nature : instances of relief having thus occurred are too rarely met with to be allowed to influence our practice. Firmness, perseverance, and decision, must mark the conduct of the surgeon; not a single measure that can be adopted with safety, and that affords the least hope of preventing the operation, should be omitted; but when these have failed, the operation should be performed, without a moment's longer delay.

RUPTURE AT THE NAVEL IN CHILDREN.

THIS is a complaint of very common occurrence, and but seldom excites that attention and interest which it has a right to demand. Mothers observe a slight protrusion at the navels of children, and witness its very gradual increase without alarm. They should therefore be informed, that if proper means for its cure be not adopted, it may become of a most enormous size, and even occasion the loss of life.

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To this information it is most pleasing to add, that the means of cure are in every one's reach; and will be almost always successful, if employed early, and attended to constantly.

The means to be adopted are simply these—The protruded parts are to be returned, which may be easily done by slight pressure with the finger; and retained in their proper situation, by a conical piece of very soft sponge, thoroughly cleared, by rubbing between the thumb and finger, of sand and minute shells, which may be lodged in its cavities. This being kept to the part, by the point of one finger, is to be secured by several slips of strongly adhesive plaister, three inches in length, crossing each other in a stellated form.

It is proper, however, again to enforce the necessity of a constant attention in this case. It is not by keeping the parts confined for a few days, and then permitting them to remain unrestrained for a day or two, before the means are again employed, that a cure can be expected. Real advantage can only be obtained by constant and uniform pressure. Should, therefore, any difficulty arise in this very necessary process, application should immediately be

be made to those who are in the habit of performing this and similar operations.

The difficulty of retaining the parts in their natural situation may indeed be produced, by the nature and extent of the protrusion, and the advice of a surgeon may therefore be necessary to determine whether it will be safe to depend on this mode, or whether it will not be required to employ a well adapted elastic truss.

ULCERATION OF THE NAVEL IN CHILDREN.

A SORENESS of the navel sometimes occurs in newly born children, some weeks after the navel has appeared to be healed; which seldom heals, even under proper treatment, in less than five or six weeks.

But parents should be apprised, that an ulceration of this part, much more dangerous and ungovernable, sometimes takes place, in children where a considerable degree of debility is manifest. In these cases, if the most effectual means are not early employed, the child will
most

most probably be lost; and, indeed, in many cases witnessed by Dr. Underwood, in which, of course, all that science could suggest was adopted, the ulceration spread over a great part of the belly, and even mortification ensued.

CHOLERA.

IN the disease thus named, the patient is harraffed by almost constant vomiting and purging; bile appearing to exist in a considerable proportion, in the matters thus discharged. In general, the patient is also distressed with severe griping pains of the bowels, spasmodic contractions of the muscles of the belly, and extremely painful cramps in the muscles of the extremities.

In those cases where the disease is only in a moderate degree, where the patient is strong, and of a middle age, and no very considerable diminution of his strength takes place, there exists little or no danger. The free use of diluting drinks, as gruel, broths, &c. will, in general, prove sufficient to procure the return of health.

But

But when the disease comes on with great violence ; occasioning faintings, cold sweats, coldness of the extremities, and a sudden exhaustion of strength, the patient may be concluded to be in a most perilous state : life depending on the immediate adoption of the most vigorous measures. Young children, persons advanced in years, and those who have been reduced by preceding diseases, must be attended to with the utmost care and vigilance ; since, in the course of two or three hours, the disease, if unrestrained, may sink them so low, as hardly to leave a possibility of their recovery. When marks of lessening strength are evident, the most strenuous exertions must be made for their support ; by freely administering, in small quantities at a time, strong beef, chicken, or mutton broths, deprived of their fat ; gruel, made into white caudle, by the boiling in it ginger, allspice, and whole pepper, and adding to it a proper quantity of spirits : and procuring that medical aid which symptoms so imminent must require.

DIARRHŒA, OR LOOSENESS.

It may be sufficient, for the purpose of shewing the impossibility of giving such directions, as may enable domestic practitioners to take on themselves the cure of this disease, to point out the various circumstances on which it may depend. A diarrhœa may be occasioned by too great a quantity of aliment being taken into the stomach; by the peculiar nature of the food which has been taken; by the digestion of the food having been impeded in consequence of the weakness of the stomach and bowels; by various passions of the mind; by diseases of other parts, or of the general system. Many other causes might be enumerated, but these are surely sufficient to shew the propriety of not attempting to lay down here, a plan of treatment applicable to every case.

One caution is however necessary, against the too prompt and indiscriminate employment of purgative medicines, in the onset of the disease. Believing it never to originate, but in the irritation occasioned by some matter, which, they sup-

suppose, cannot be too rapidly removed, those who suffer from this disease, generally, have immediate recourse to some active purgative, to expedite the salutary process which they suppose nature to have instituted. But it will frequently happen, that so far from accelerating the cure of this malady, such medicines will, by their additional irritation, prove highly pernicious.

Nutritive drinks should be taken freely, such as broths, gruel, &c. : but beyond the employment of these the patient should not proceed; unless he is able clearly to ascertain the cause on which his complaint depends.

DIABETES.

THE symptoms of this disease are here enumerated merely to excite those who suffer from it, to attend to it in its early stages, when, of course, it must be most likely to be within the reach of medicine.

In this disease, the urine is voided in a quantity unusually large, the tongue is white and foul, and the patient is tormented with excessive thirst.

thirst. The urine, when viewed in a certain direction, has a greenish hue; and, on being evaporated, yields a large proportion of saccharine extract.

A powerful inducement to those who are subject to this malady, to make early application for relief must arise from the knowledge that an ingenious physician, who has particularly attended to the nature of this disease, which has hitherto been esteemed so difficult of cure, concludes that it is now "*so far understood, as to be successfully cured.*"*

HYSTERICAL AFFECTIONS.

As these are, in general, symptomatic of some other disease; and most commonly, perhaps, of some particular affection of the uterine system, the rules for their treatment can only be formed, upon a knowledge of those particular circumstances to which they owe their origin.

* An Account of two Cases of *Diabetes Mellitus*. By John Rollo, M. D.

The

The management of the patient during the struggles of an hysterical fit, or paroxysm, may be directed by the principles laid down when treating of epileptic convulsions.

Suppression, or irregularity of the menstrual discharge, is very frequently the cause of hysterical affections. Indeed, so obvious is this cause, that a cure for these morbid affections is generally sought for in some nostrum, celebrated for its powerful effects. But a few words on this practice cannot but be beneficial.

That the most injurious consequences may follow from the indiscriminate use of these violently forcing remedies, must plainly appear, from stating only one assumed case. A delicate female, from some accidental cause, suffers a suppression of the accustomed discharge, the whole system soon becomes affected, neither digestion of the food, nor the usual conversion of aliment into chyle and blood, takes place to the required degree; and hence a state of extreme debility ensues, plainly marked by a deadly paleness, dejection of spirits, and a constant disinclination to motion; or rather, I should say, for the sake of lessening the too frequent, false imputations of indolence, in

these cases, almost a deprivation of the powers of motion. In such a case, what must be the consequence, should these medicines, by their violence, occasion a restoration of the menstrual discharge, without, at the same time, producing an augmentation of strength? Most certainly an increase of weakness and of all its attendant evils.

DROPSY.

IN *Anasarca*, a serous fluid is collected in the cellular texture under the skin. By *Ascites*, is meant dropsy of the lower belly. And by *Hydrothorax*, a preternatural collection of serous fluid in the chest.

So numerous are the causes on which this disease may depend, and so various are the diseases from which it may originate, as to preclude a hope of rendering any service by their enumeration, and to render the laying down a general plan of cure impossible. A detached observation or two on the nostrums generally

generally employed in this disease, is all that appears to be necessary here.

To cure the dropsy without tapping, is the promise of many pretenders, to whom the lives of persons afflicted with this malady are submitted. But, in general, so violent are the remedies they employ, and so rash is their mode of administering them, that should they even make good their promise of removing the dropsy, it is most probable that so much weakness may be produced, that the patient will not long survive.

I very lately witnessed a case of confirmed dropsy of the belly, in which the patient was persuaded, by a domestic practitioner, to take a strong infusion of the fox-glove; much stronger than any physician would have dared to prescribe. The dropsy was removed, for a time; but the disease of the *viscus*, from which the dropsy proceeded, still remaining, the water again collected; and incessant vomitings and purgings, produced by the fox-glove, added considerably to his sufferings, and at length destroyed him.

HYDROCEPHALUS,**OR****WATERY HEAD.**

No one, surely, can hesitate for a moment, in believing that the treatment of this melancholy disease ought only to be confided to the most judicious and experienced. I shall, therefore, only mark out those symptoms which ought to arouse the attention of the parent, and occasion him immediately to call in the most powerful aid; and point out some circumstances, by an attention to which this malady may, perhaps, be sometimes prevented.

This disease generally occurs within the first ten years of life. Sometimes the complaint comes on suddenly, but in general it commences with a slow fever, and is indeed accompanied, in its beginning, by such symptoms as to render it very likely to be mistaken for an attack of the slow nervous fever. Soon, however, the disease is rendered more manifest, by a disinclination to employ the muscles on which
voluntary

voluntary motion depends. The arms and legs are moved with reluctance, and the fatigue of preserving the body in an erect posture is such, that the patient is always desirous of being laid down: the pain in the head is more constant than in the low nervous fever; and the heaviness and dulness more evident: the pulse is also usually very slow and irregular. As the disease proceeds, the pulse becomes quicker; the child's senses and faculties become evidently impaired, the sight particularly fails him, objects appearing exceedingly indistinct, and the pupils of the eyes are constantly dilated. Towards the close of this melancholy scene, the urine and stools are passed involuntarily; total blindness comes on, and a fatal termination takes place while the patient lays in a comatose state, or whilst agitated with severe convulsions.

A This disease may be the consequence of an original weak habit of body, of various other affections of the brain, and of other diseases which have induced a considerable degree of debility of the whole system. But one cause, and that perhaps a very frequent one, more particularly demands here a few words.

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This cause is a violent concussion or jar of the head from blows or falls. When the numerous accidents, to which children are exposed, are considered, together with the delicate texture of the brain, it becomes really a subject of surprise that this shocking calamity does not more frequently occur. It however happens with sufficient frequency to warrant the most zealous exertions for its prevention.

On this head it will not be sufficient to say, that care should be taken that children should not be unnecessarily exposed to injury.—Parents must excuse the suggestion, as it is made with a hope that it may prove beneficial.—The correction of children, performed in the moment of passion, is not always within those bounds which the parent would the moment before, or after the infliction of the punishment, himself have described. A box on the ear, as it is termed, or a severe blow on the head with the open hand, is the most ready punishment, and therefore most generally adopted, when petulance or passion impels to an immediate correction. But when I consider the tender fabric of the brain, and also that a blow sufficient to give the intended degree

degree of pain to the delinquent cannot be inflicted without giving a considerable jar to the head, I must suspect it to be a mode of correction highly improper, and which may possibly occasion this dreadful malady.

The observation I now shall make, I am aware may appear to many to be bordering on frivolity; but satisfied of its real importance, I shall, without apology, introduce it. To endue children with hardiness and caution, it has been recommended, rather than smooth the way for them, to render it more replete with obstacles; and rather than shield them from the little injuries they would suffer from their trips and stumbles, to let them feel their consequences; that the difficulties they overcome, and the pain they suffer, to-day, may furnish them with courage and circumspection to-morrow. The principle is certainly good, therefore I propose not to combat with it, but with a practice which has arisen from its improper extension. I mean that of neglecting to guard the head from the injuries to which it is subject, from those accidents to which children are so frequently subject. It was the good practice of parents, a few years back, to surround the head
with

with a circular quilted pad, covered with silk, which, though not very ornamental, had no very forbidding appearance, and must frequently have saved children from considerable injuries of the head. I am so confident of this fact, that I cannot resist the impulse of most earnestly proposing their adoption to the affectionate parent.

THE BITE OF AN HYDROPHOBIC ANIMAL.

WHEN the shocking effects sometimes resulting from this injury are considered, and the uncertainty of success arising from the employment of such medicines as have hitherto been tried is also contemplated; the propriety of endeavouring, in this place, to excite every one to the prompt adoption of the only means of obtaining security, will, I think, be manifest.

From the absorption of the saliva, conveyed by the teeth of the animal into the wound he inflicts, is the hydrophobia supposed to proceed. The more speedy and the more complete its

removal, the less chance is there for absorption. Consequently, in every case of bite from an animal, in which there is reason to suppose hydrophobia exists, the piece should be immediately cut out; so carefully including, even the parts immediately surrounding the wound, both at the bottom and sides, that a probability shall not exist of the knife's coming in contact with the wound made by the animal. For should this be the case, not only would the excision be incomplete, but the knife itself, imbued with the poison, would serve to multiply the infection.

The carefully washing the wound by repeated ablutions with warm and cold water, and the application of a caustic to the part, have been recommended; but when our endeavour is to obtain an exemption from such a terrific disease, no apprehension of momentary suffering should induce us to adopt those measures which obviously do not rank as first, in the probability of being successful.

SCALD

SCALD HEAD

Is a disease in which little ulcers form in the skin, at the roots of the hair, pouring out a discharge, which generally dries on the part in a hard white crust. Sometimes the disease spreads over great part of the head, and the discharge is so considerable as to keep the diseased parts in a moist state. When this is the case, the scalp assumes an honeycomb appearance.

This disease is communicable by contact, and it is often the consequence of want of attention to cleanliness. It is also supposed to be a symptom of scrofula.

The cure of this disease should be attempted in this manner. The hair should be removed freely by shaving; if the disease should be extensive, the whole head should be shaved; but if it is so slight that the removal of a part is sufficient, the remainder should be carefully cleansed by washing with strong soap-suds. The sores themselves may be rubbed with the *unguentum hydrargyri nitrati* of the shops; or with

with an ointment composed of one part of the powder of white hellebore, two parts of flour of sulphur, and as much tar as will make it into a due consistence. When the hairs seem to be loosened, they should be pulled out; and this appears to be best done by the application of some adhesive plaister, which, on its removal, will bring the hairs with it. A submission to this unpleasant and painful process is often necessary to obtain a cure.

Although I have here slightly sketched a mode of cure of this disagreeable malady, I must yet remark, that it is a disease so important in itself, and so much more so in its consequences, as to render its early removal highly necessary: regular chirurgical assistance should therefore, if possible, be obtained. I have already mentioned its being esteemed one of the symptoms of scrofula; but I shall trouble you with one or two observations more on this point.

When the unfortunate sufferers under this malady have been subjected to it for a little time, an enlargement of the glands on the sides of the neck generally takes place. This also being esteemed one of the symptoms of scrofula,

fula, it is in general supposed that the patient was originally scrofulous, and that the scald head was the first manifestation of the disease. But here I venture, with the utmost deference to the authorities I oppose, to suggest, that scald head may not be a symptom of scrofula; and that, in many of these cases, the enlargement of the cervical glands may be only the consequence of the irritation of the absorbents originating in the diseased parts; and that scrofula may only succeed where this irritation is long permitted, and where the subject is unfortunately predisposed to this disease.

I should not have agitated this question, in such a work as this, a work pretending to no originality, but with a hope of drawing such a conclusion as may prove of real use. From the foregoing observations, then, it must appear, that if the disease be removed at its first appearance, the swellings of the glands of the neck, the more strong characteristics of scrofula, may not appear; that if these even have appeared, they will disappear if the original disease be timely removed; and that, on the contrary, where the original disease has been allowed to exist long, the glands
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of the neck will become diseased, and this secondary affection may extend itself through the greater part of the lymphatic system: the scald-head, in consequence of neglect, having become the cause, at least the exciting cause, of scrofula.

The importance of an early and judicious opposition to this disease, must, from the above considerations, be obvious. I have, therefore, only to repeat, that it is a contagious disease; and to recommend, that, on its appearance, those whom it attacks should be carefully separated from other children.

THRUSH.

APHTHOUS ulcers in the mouth seldom happen to grown persons, except some considerable disorder of the system exists at the same time, or has just preceded. In children they occur very frequently, and even at times when the child appears, in other respects, perfectly well. Improper food is perhaps a principal cause of their occurrence, since those children who are

robbed of their natural food, and crammed with mixtures of bread and water, &c. which are often given much too hot, seem much more disposed to this complaint, than those children, whose mothers have it in their power, and are disposed, to supply them with the food which nature has appointed for them.* Breathing the

* The thrush almost always affects those children who are attempted to be dry-nursed. Gripings, constant diarrhæa, rapid waste of strength and of flesh, are almost the certain harbingers of speedy death to the poor little victim, doomed to perish for want of that nutriment which nature had designed and bounteously provided.

“ Connubial Fair! whom no fond transport warms,
To lull your infant in maternal arms;
Who, blest’d in vain with tumid bosoms, hear
His tender wailings with unfeeling ear;
The soothing kiss and milky rill deny
To the sweet pouting lip, and glist’ning eye!—
Ah! what avails the cradle’s damask roof,
The eider bolster, and embroider’d woof!
Oft hears the gilded couch unpitied plains,
And many a tear the tassel’d cushion stains!
No voice so sweet attunes his cares to rest,
So soft no pillow as his mother’s breast! DARWIN.

To such of my fair readers who are disposed to listen to the voice of admonition, on this important subject, I earnestly recommend the perusal of the charming poem of *THE NURSE*, by Mr. Roscoe.

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confined and impure air of the bed and bedroom, during the month, where due attention to cleanliness and ventilation is not attended to, may be another cause of this disease. A disordered state of the stomach and bowels may also be considered as a cause of the thrush.

Unless the cause of the disease can be ascertained, there will be very little probability of adopting a successful mode of treatment. Enquiry, therefore, must be made into the kind of food with which the child is supported. In general, this will be found to be improper, and not sufficiently nutritious: this fault must be therefore corrected; the child must be allowed to breathe a purer air, and particular regard must be paid to the state of the bowels. As this disorder may depend on so many different circumstances, it is not possible to point out here the medicines which will be required. But I cannot allow this opportunity to pass without calling the attention of parents to the cruel practice, frequently adopted by nurses, of cleansing the mouths of children afflicted with the thrush, by rubbing the inside of their mouths roughly, with a piece of linen cloth wrapped round a piece of stick, and dipped in a mixture

of Armenian bole and honey. Whoever has witnessed this operation, must have perceived that it has occasioned the little sufferer very considerable pain : and a very little consideration will serve to convince, that the pain thus inflicted is unnecessary. The apthous sores which constitute the thrush are filled by gangrenous sloughs, these either adhere to the living parts, or are separated from them. If the former be the case, there is very little likelihood that the sloughs will be removed by friction, however severely employed : if, on the other hand, a separation have taken place, no force is necessary for their removal. In both cases, it is entirely sufficient, that whatever applications are resolved on, should be of a tenacious consistence, and be put into the child's mouth from the end of a tea-spoon ; the action of the child's tongue, which necessarily follows, being quite sufficient for the diffusion of the remedy, and for its application to the affected parts.

SWAL-

SWALLOWING OF PINS, &c.

CHILDREN, from their being playfully disposed to put various substances in their mouths, are liable to have hard and sharp pointed substances pass into the gullet, and even into the stomach. By the silly practice of putting pins, &c. into their mouths, adults are also exposed to the same mischiefs. Pieces of bones, gristle, &c. sometimes stop in the gullet, and afford considerable distress; but these may in general be speedily removed by a piece of whalebone, to one end of which is affixed a button of sponge.

If a pin, or any other sharp-pointed substance, should stick in the gullet, beyond the reach of the forceps or nippers, it is indeed a case which calls for the utmost exertions of patience from the unfortunate sufferer, since it will in general be found much better to wait the spontaneous loosening of the substance, which may happen much sooner than could be expected, than to risque additional injury, by employing the means usually recommended,

which are the passing of the sponged probe, and the administering of a vomit. Unhappily the position of the pin, for instance, cannot be known, and it is not at all unlikely that the pressure of the sponge, or the urgings to vomit, may more deeply infix the point. Farther, it may be observed, with respect to an emetic, that should the patient unhappily, during the first urgings to vomit, experience excessive pain, from which it is concluded that the pin laying across the throat, every exertion serves to fix it deeper, we are obliged to witness this addition to his sufferings without affording relief, not having it in our power to stop the vomiting, until the stomach is cleared of the emetic.

It is too prevalent a practice, when any substance of this kind has passed into the stomach, to endeavour to hasten its passage through the bowels, by giving some opening medicine. Just the contrary conduct to this should be adopted. Milk, alone, or mixed with eggs unboiled, should be immediately taken, as by the coagulation which takes place, the substance may become so involved, as to prevent its doing injury to the stomach; and on the same principle should opening medicines, which render

render the faeces thin, be avoided; as, by allowing the faeces to obtain some firmness, there will be the greater probability of the pointed parts of the substance being so sheathed, as to prevent them injuring the intestines.

B O I L.

A **BOIL** is a circumscribed hard tumour, exquisitely sensible, spreading below the surface, and rising very little above the level of the skin. Its size is in general about that of a pigeon's egg. After it has existed a few days, a trifling discharge of matter issues from a small opening in the most prominent part of the tumour, a slough remaining at the bottom, which is, in general, a considerable time before it is separated.

Boils, unless they are very large, and happen in debilitated constitutions, although productive of considerable pain and inconvenience, are without danger, and will often do well without chirurgical aid; but, in general, the cure will be accomplished much sooner, and the patient

spared much inconvenience, by a free opening, and other assistance, which cannot be well obtained but from the hands of a surgeon.

In general they may be brought into a good state, by the application of warm fomentations, and emollient cataplasms: when a tolerable opening is obtained, the ulcer may be dressed with any mild digestive ointment; and in general the cure will be completed without much difficulty. Attention must also be paid to the general state of the system; since if that particular state on which they depend is not changed, the patient may be harrassed for a considerable time, by their making their appearance in different parts of the body. With the hope of producing this change, domestic practitioners, in general, adopt a practice which must often prove very injurious: that of putting the patient under a long course of drastic purgatives. That this practice must often be succeeded by ill consequences, must be evident, when it is considered, that the greatest benefit to be obtained in such cases is from the use of tonic and strengthening remedies, such as the bark, sea bathing, &c.

ANTHRAX,

ANTHRAX, OR CARBUNCLE.

AT its commencement, anthrax has much the appearance of a common boil, but it soon puts on appearances which point out the malignity of its nature: the redness and hardness extend themselves very wide, although the tumour is raised but very little above the level of the skin; small pustules come out on the surface, which have the appearance of being only superficial, but the openings which they leave evidently reach to the large sphacelated base which possesses the place of the cellular membrane; about the middle of the tumour the colour is of a deep crimson, inclining to purple, becoming paler and mottled toward the circumference; the surrounding integuments are generally found by pressure to be in an œdematous state. Several of these sometimes appear at the same time; but most commonly a single one occurs, which spreads to a great extent.

THE CURE OF ANTHRAX. By the exertion of a skilful surgeon, and the most scrupulous

ious exactness in pursuing his directions, this terrible disease is sometimes cured; but the state of the body which exists is such as must always render the event highly to be feared. To treat, in this work, of the chirurgical treatment of this disease, would be presumptuous and useless; since it is of too serious a nature to admit of the triflings of family practice. A considerable opportunity, however, always offers itself for the friends of the patient to evince their zeal, and assist in the cure: for so much assiduity is required, in administering proper cordials and nourishment, that it ought hardly ever to be entrusted to the care only of an hired attendant.

From their great similitude at their first appearance, there is much reason to fear, that the carbuncle, at its commencement, is often mistaken for a common boil—a mistake which may be productive of the most dangerous consequences, since in carbuncle the exertions for saving the patient must be very considerable and unremitting: the treatment which is ordinarily adopted for a common boil, would, therefore, allow the disease to make such a progress

progress, that art might afterwards be of no avail in endeavouring to save the patient.

INFLAMMATION AND ABSCESS OF THE BREAST.

INFLAMMATION of the breast may be judged to have taken place, from heat, redness, and pain, possessing a part or the whole of the breast. When the disease is considerable, it is usually preceded by a shivering, and accompanied by fever. The milk continuing to be sometimes secreted into the breast, without any discharge of it being obtained, the breast necessarily becomes tense and heavy.

The inflammation of the breast may happen without being able to ascertain any cause. But, in general, it may be traced to one or the other of these causes—exposure to cold, repressing the discharge of the milk, or external violence.

To remove this disease by resolution, the means should be had recourse to in the early part of the disease. When, if the disease exists in a very considerable degree, blood may
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be taken from the arm, in a quantity proportionate; but, in general, large bleedings are not required in the cure of this disease, the loss of small quantities by topical bleedings generally proving sufficient for the intended effect. Gentle purgatives are proper, and a preference should be given to such as contain some of the neutral salts in their composition, since these will also tend to increase the discharge of urine. To lessen the secretion of milk, no more aliment should be taken, than may be just sufficient to support the strength of the patient. To promote the absorption of that which is secreted, the breast may be frequently bathed with camphorated oils, using, at the same time, a moderate degree of pressure. To lessen the ill effects resulting from its tension and weight, the milk may be drawn at proper intervals, and the breast suspended by means of proper bandages, and the increased action of the inflamed part be lessened by the use of proper cooling applications.

If the inflammation does not seem likely to be dispersed, but suppuration appears to be advancing, recourse must be had to warm and emollient fermentations and cataplasms. Abscesses,

scellies in the breast in general do very well, when allowed to break spontaneously; but there are many cases, where the assistance of the surgeon prevents numberless inconveniences, and very much accelerates the cure of the disease.

The inflammation may be either outwardly, in the integuments, or it may possess the centre of the breast. Much need not be said to make it believed, that the latter is much the worst case, and requires the greatest exertions for its removal.

Frequently, however, in those cases where the patient has been satisfied with the assistance of some family practitioner, she will be under the necessity, at the conclusion of the disease, to have recourse to a regular surgeon, for the removal of a disagreeable hardness, which often continues for some time after the inflammation has ceased; which, although it is not of the same nature with scirrhus and cancer, will often require the greatest skill to ascertain its most proper mode of treatment.

CHIL

CHILBLAINS.

A CHILBLAIN is an itching and painful swelling, produced by the action of cold, sometimes terminating in ulceration.

Tumefaction, redness, and itching of the part, are the first marks which denote the coming on of chilblain. The swelling afterwards extends beyond the redness to the surrounding parts, which, upon pressure, will generally be found to be in an œdematous state; the redness gets darker, until at last it becomes of a deep crimson, or even of a livid colour; the itching increases to such a degree, as to become almost intolerable, and is accompanied with aching pain. If the mode in which the complaint is treated does not prove equal to the removal of the disease, it may continue, nearly in the same state, for a considerable time, or may terminate in ulceration. Before this happens, the complaints increase, and a blister filled with bloody water arises, after the breaking of which, a foul painful ulcer succeeds, which, if not properly treated, will

will extend itself, both in depth and width, affecting the tendons, and even the bones themselves.

Children, and young persons who use but little exercise, are most disposed to this complaint, which generally comes on with the winter, and, if powerful remedies are not had recourse to, will continue until the return of mild weather. Those who have once suffered from this disease are observed to be much disposed to a return of the complaint in the succeeding winter.

When this disease is only in a trifling degree, there is no necessity for application to a surgeon: the remedies afforded by domestic medicine are here frequently sufficient.

To strengthen the vessels of the part, so that by their action the blood, which seemed to be ready to stagnate, may be propelled through them, is the chief principle which should regulate the mode of treatment. With this view, the parts affected should be frequently rubbed with the naked hand, or with flannel; as much exercise should be used, as the state of the diseased parts will allow; and if there be no sore, stimulating medicines, such as
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camphorated spirits, spirits of turpentine, warm fomentations, plaisters, &c. should be applied to the parts affected. Sudden and considerable changes from cold to heat should be avoided; and, lastly, the parts should be defended from the action of cold by coverings of such substances as are known to have but little power in conducting heat, such as slightly woven woollen and cotton, wash leather, which is loose in its texture, and downy on each side.

When the chilblain becomes ulcerated, the ulcer must be treated according as its appearances may indicate, it being impossible to lay down a mode of treatment which ought to be adopted in every case, since the part affected is capable of putting on all the varieties of ulcers from other causes, and consequently may demand, in some cases, a different, or even an opposite treatment, to what it may require in others.

To prevent this disease, early recourse may be had to the means above recited for its cure, especially so far as respects exercise, friction, and preventing the action of cold.

WHITLOW,

THE whitlow is an extremely painful inflammatory tumour, possessing the end of the finger.

One species of this complaint begins with a considerable burning pain; but the skin soon becomes elevated around the nail, and the whole end of the finger, and becomes filled with a sanious liquor; the cuticle and contained fluid appearing almost transparent.

Another species has its situation much deeper than the former, the inflammation attacking the tendons and ligaments, and the intervening cellular membrane. The pain, at the commencement, and during the progress of this species, is much more violent and throbbing than that of the former species; the pain being felt over the whole hand, and oftentimes even along the arm; both the hand and arm, in such cases, becoming considerably swelled. The suppuration proceeds extremely slowly; and when the matter is formed, it is so deep seated as to be a considerable time before it makes its

way to the surface. By the violence of the pain, fever, delirium, and convulsions are sometimes produced; the whole nervous system suffering such a derangement, that instances are known where death itself has been occasioned by this malady.

Abscesses frequently form along the course of the lymphatics, even as far as the arm-pit. The tendons suffer frequently so much, that the fingers become stiff and immoveable; the bone also sometimes sustains so great a degree of injury, as to render the amputation of at least the last joint of the finger, necessary.

Whitlows may be produced by external injuries, such as a puncture, bruise, or slight wound. There have been many instances of the worst kind of this disease immediately succeeding to the most trifling and superficial punctures; but they happen most frequently from some internal cause, or, at least, from causes that cannot be ascertained.

In the first species, no application is preferable to that of a bread and milk poultice: the tumour being opened, when in a proper state, a continuance of the same application will generally soon complete the cure.

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In the other species, as early an application as possible should be made to a surgeon, since this malady will require every possible exertion to prevent the occurring of those evils above mentioned. Sometimes, indeed, when the disease is seated in those parts which are in immediate contact with the bone, the injury is communicated to the bone itself, in so early a stage of the disease, that it may be impossible for the most skilful surgeon to save the diseased bone.

SCIRRHUS AND CANCER.

THE parts which are most commonly affected by this disease are the breasts of women, the arm-pits, nostrils, testicles, uterus, rectum, scrotum, &c.

A scirrhus in the breast commences with a very small, hard, and moveable kernel, which often remains a considerable time, without pain, and without increase of magnitude; but, after some time, it increases, both in sensibility and size. A slight tingling also takes place in the

part, and this gradually increases, until it terminates in a painful sensation, which at length becomes acute and lancinating. The tumour, as it increases in magnitude, becomes more fixed, and more irregular in its figure. The veins which run just under the skin, are enlarged, and the skin itself gets discoloured in several parts; a fluid is discoverable underneath these discolourations, which exudes, when ulceration takes place. The ulcerations which succeed are very irregular in their figure, and——but why proceed in the description of this dreadful calamity? Sufficient must have been said, to have furnished information to secure its detection at its first appearance; and but little more, I hope, need be said, to fully prove the necessity of a resolute submission to its *early removal*.

The hope of exciting in the unfortunate sufferer the degree of courage required to get rid, at first, of an evil, which becomes dreadful by sufferance, will induce me to employ the greater part of this article on that important object.

This disease I have already described as commencing with *a very small kernel*.——If,
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upon a proper examination, which, immediately on its discovery, should be obtained, this *small kernel* be ascertained to be a true scirrhus, the patient should consider, that nothing but its speedy removal, by the knife, can be depended on, to prevent its termination in cancer. It should also be considered, that during this state of the disease, the operation is comparatively trivial, and requires but very little time for its performance; that the pain which accompanies it is very far short of that which is imagined; and that the exemption from future disease is rendered, by it, almost certain.

It is worthy of remark, that the opposition to this, and indeed to every operation, does not proceed simply from the dread of pain; but from an association of the most horrid ideas of every minute circumstance, respecting the operation, which can be fancied. The assemblage of the surgeons, the preparation of instruments, and many other circumstances, the enumeration of which would be opposite to the present purpose, are all represented in a colouring so *sombre*, and with touches so masterly and impressive, that the mind is filled with the utmost horror at the picture the imagination has drawn.

Reason has no longer power to exert its influence; and the unfortunate sufferer, thus becoming the slave of terror, attempts not to argue and combat with the host of terrific spectres which fancy is constantly placing before the eyes.

When I consider how powerfully the dread of an operation affects the mind, I cannot indeed expect to effect much by argument. Some little good may however, perhaps, follow, from this analysis of the ordinary process of the mind in this and similar cases. Since it thus plainly appears, that the dreadful apprehension of the operation is formed, in a great measure, by the mind's dwelling on objects entirely visionary, and that the fear of suffering pain has, perhaps sometimes, the least influence in directing the opposition to the operation recommended. Thus, we often see men who can bear pain with the greatest fortitude, declare, that although they well know the pain of the operation does not exceed that occasioned by the scratch of a pin, yet they can with difficulty bring themselves to consent to suffer the operation of—bleeding. Nor can it hardly be doubted, if the most timid female, suffering
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under this disease, was assured, that if she would permit the pain of the part to be augmented exactly to the same degree, and for the same period of time, as it would by any proposed operation, she should obtain an entire removal of the disease, and even indeed of the part itself, and this merely by an incantation, but that her consent would easily be obtained. But, indeed, it is not necessary to imagine a case, to shew that the dread of operations does not depend merely on the fear of pain, as this is sufficiently evident from the much more ready submission to the application of caustics; even under the strongest conviction of their producing a much greater degree of pain, and of their affording a considerable less chance of a cure.

The mode of thinking which should therefore be adopted, by those to whom such an operation has become necessary, is to let the mind dwell only on the absolute pain of the operation, abstracted from all foreign circumstances and visionary terrors; and to consider, that a cure may be obtained by only a few minutes increased pain; and this pain very far short indeed of what is most probably antici-

pated by imagination : but suppose it ever so violent, let it be remembered, that it is but suffering, even say ! the most excruciating pain, for a few minutes, to procure an entire liberation from misery and despondence.

But, unhappily, there are many, whose dread of chirurgical operation is so great, that no argument or consideration can overcome. To these it is proper to address all the consolatory language that truth will allow ; and, therefore, to assure them, that this malady, although perhaps incurable, and accompanied by most distressing circumstances, is yet, in general, not attended with those excruciating pains which are supposed always to belong to this malady. If, indeed, the poor sufferer is induced, by the mistaken zeal of some sympathising friend, to place herself under the care of some of those impostors who have acquired the character of *cancer-curers*, this may not be the case, but the pains may become cruelly aggravated, and the progress of the disease rapidly accelerated.

I am well aware, that many of my readers will be ready to ask, But do not these, whom you have thus stigmatised, frequently effect cures, even in those cases which have been deemed

deemed cancerous? It is therefore necessary to observe, that tumours in the breast frequently succeed to the inflammation of the breast, arising from retention of the milk, which, although they are certainly not of a cancerous nature, do often possess those appearances which render it very difficult to make the necessary distinction, and will continue under that form for several months, and at last resolve, perhaps, by the application of a bread and milk poultice. These are the cases which prove so favourable to the character of this class of practitioners. From their size, hardness, and length of duration, they commonly gain from the patient and her friends the epithet cancerous; and should any professional man, deceived by an imperfect history, drop a suspicion of an unfavourable termination of the case, the foundation is laid, on which the reputation of some ignorant pretender may be raised.

When the surface of the skin is attacked by cancer, it generally begins with a small excrescence of the warty kind, which becomes a cancerous ulcer on suffering even a slight irritation: such are the cancers which appear in the face. The extirpation of these, at their
first

first appearance, may be accomplished by an operation by no means remarkable for its severity.

Cancer of the womb is commonly preceded by a very considerable discharge; much pain is felt at the bottom of the belly, darting in different directions, but chiefly down the thighs. As the complaint proceeds, the pains become more pungent and forcing, and at length ulceration taking place, a profuse discharge of variously coloured matter, very acrid and offensive to the smell, ensues; the general state of the system sympathizing with the local injury, hectic fever is induced.

SCALDS AND BURNS.

DR. Underwood observes, that—A strong solution of soap in water has long been in use with artificers, employed in any business exposing workmen to very bad scalds; and is a very excellent remedy. But as the soap would take some time in dissolving, and the solution some time in cooling, the doctor recommends a mixture

ture of six ounces of oil to ten of water, with two drachms of the ley of kali, or pot-ash. This quantity may be sufficient for a burn on the hand or foot, which is to be immersed, and kept about half an hour in the liquor, which will remove the injury, if had recourse to immediately; but must be repeated, as the pain may require, if the scald or burn be of some standing. Should a person be scalded all over, and be immediately put into a cold bath of this kind, and the head, at the same time, be frequently immersed, or well washed with the liquor, I believe, the Doctor says, very little injury would ensue.

The most useful application, I think, with which families can be provided, against the moment of emergency, is a strong brine, made by placing sliced potatoes and common salt in alternate layers in a pan, allowing them to remain until the whole of the salt is liquified; which must be then drained off, and kept in bottles, properly labelled, ready for immediate use.

Linseed oil, so frequently recommended, should never be the first application; since it possesses little or no power in preventing the inflam-

inflammations of the parts, and by greasing the skin, defends it entirely from the action of those remedies which would prove beneficial, if applied immediately in contact with the skin.

The ulcerations which succeed to scalds and burns demand so much nicety in their management, as to require the care of a skilful surgeon. Without this, the patient may be distressed by inconveniences for the rest of his life, which no subsequent endeavours may be able to remove: the most unsuspected adhesions of parts naturally separated, and the most rigid contractions of parts, which before were flexible, will frequently take place, necessarily occasioning the most distressing deformities.

Extraordinary instances sometimes occur, of those whose clothes have by accident taken fire, escaping in a wonderful manner, by adopting the use of such means as have been dictated by an extraordinary presence of mind. But rather than trust to that which is suggested in the moment of terror and confusion, by a mind totally unfurnished with any fixed mode of proceeding, it will perhaps be better to lay down certain rules, which being strongly im-
printed

printed on the mind, will serve to direct to the most safe and beneficial line of conduct.

To call for help presents itself to the mind so instinctively, that it would not be mentioned here, but to remark, that this should be done, if possible, by ringing the bell, &c. without opening the door of the apartment, as the external air rushing in, would immediately increase the rapidity of the progress of the flames.

The first attempt should be to tear off that part of the clothing which is in flames; and, if in a parlour, to seize the water decanter, and which, even for this reason alone, should be large, and kept always full; or any other vessel of water, which may be in the room where the accident has happened, should be recollected and flown to.

If unsuccessful in these instantaneous exertions for relief, the unfortunate sufferer should seat herself on the floor, remembering, that in this posture she will be better enabled to smother the flames of her lower garments, and that an upright posture will render the communication of the flames to the upper part of her dress more probable.

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In this situation, should there be a hearth carpet (which even for this use, in this moment of emergency, should form part of the furniture in every room), it will, from the materials of which it is composed, prove highly useful in extinguishing the flames, laid over the burning clothes, or wrapped tight round them.

Females are most commonly the subjects of this terrible accident, owing to their clothing being of a more combustible kind than those of men. Woollen clothes not only burning much slower than linen or cotton, but giving an alarm much sooner, by the smell their burning occasions. Females, therefore, whose age or infirmities almost confine them to their fireside, and prevent the hope of any active exertions, should be persuaded to wear gowns and aprons of silk, or of stuffs of some fabric in which worsted and silk are blended, instead of muslin and fine linen; which not only will catch fire almost with a spark, but will burn with the utmost rapidity.

EFFUSIONS OF BLOOD FROM RUP- TURED OR WOUNDED VESSELS.

“ WERE the knowledge of the situation of the blood-vessels of the extremities, so far as is necessary for checking dangerous effusions of blood, and the use of the tourniquet, more general; not confined to the navy and army, but extended to colleges and schools, particularly military and nautical academies, manufactories, hospitals of every description, prisons, plantations, fire-offices, the clergymen of parishes in which no surgeons are resident, commanders of merchantmen, miners, &c. it could not fail of proving highly beneficial to mankind.” *

Convinced, with the benevolent author of the publication from which this and the succeeding quotations are taken, of the advantages to be derived from the wide diffusion of such knowledge, I have inserted the following para-

* A Lecture on the Situation of the large Blood-Vessels of the Extremities, &c. &c. by William Blizard, F.R.S.

graphs: but at the same time must express a wish, that they may incite my readers to a perusal of the little work itself, as the lessons it teaches cannot be too plainly imprinted on the mind.

“ The vessels, or tubes, which proceed from the heart, to convey the blood to all parts of the body, are called **ARTERIES**. From the power with which the heart propels the blood through this system of vessels, it happens, that, whenever they are wounded, the blood flows rapidly, and in jerks, from the wounded part. They divide, to be distributed to parts, from trunks, like the branches of a tree from the body; so that, on pressing together the sides of any trunk, the flow of blood into the branches beyond the compressed part is prevented.

“ The vessels, which return the blood to the heart, are named **VEINS**. In them the blood receives but little of the impelling force of the heart, and, therefore, moves not with a strong tide, or current, but glides evenly and gently on, like the ebbing water; and, of consequence, wounds of these vessels are not of much importance; a small degree of resistance, by a finger,

finger, or some folded linen, applied to the wounded part, will generally stop the bleeding.

“ It is very plain, then, that if a bandage or ligature be made sufficiently tight around any limb, the flow of blood into all the parts below must be prevented. But, to render this certain, the pressure must be very great in the whole circumference of the limb; and, in some cases, from the situation of arteries between bones, the effect cannot be obtained. To perform this process, therefore, successfully, in cases of wounds and operations, and, at the same time, to prevent the consequences of an exceedingly strong *general* pressure, surgeons have fixed on certain parts of the trunks of arteries, before their ramifications, for the application of a pad, or COMPRESS.

“ The PULSE is the beating or distending of an artery, from blood propelled into it by the heart. The spaces of time between the pulsations are periods when the heart itself is filling with blood returned to it by the veins.

“ Now it is evident, that there can be no pulsation when the flow of blood and pulsation of an artery are prevented. Where, then, a pulse can be conveniently felt, as in the wrist,

the ceasing of it, from a pressure being made on the trunk above, will prove that the pressure is made effectually. To illustrate this by experiment—Let a friend feel the pulse in your wrist; then apply two or three fingers in the little pit immediately below the collar-bone, close to the shoulder. Press strongly, and the pulse will cease, because the artery that supplies the upper extremity passes under the collar-bone, over the first and second ribs, along this part, and will now be pressed against one of these ribs. Remove the fingers, and again apply them, and the pulse will be found to alternate with the pressure.

“ Suppose, then, a wound to be received, an artery of considerable size to be cut or torn, and a copious bleeding, in consequence, to happen, in any part of the arm below the place just described: it appears manifest, that, by making a pressure with the fingers, in the manner described, or assisted by a pad between the fingers and the part, the bleeding would instantly cease.

“ The arteries of the upper extremity, or arm, proceed from the trunk after this manner: the trunk passes into the arm-pit, deeply situated;

it then proceeds along the side of the arm, next the body, obliquely towards the fore part of the joint or bend, and here divides into three branches. In this course to its division it lies near the bone, and may therefore be successfully compressed.

“ The distribution of the vessels of the lower extremity is in this way: the artery passes from the cavity of the belly to the GROIN, where, in thin persons, the pulsation of it may be felt.

“ At this place, in case of wound and effusion of blood very high in the thigh, effectual compression may be made, by some fingers pressed very strongly, in the manner described for compression below the collar-bone; though it were better to have some kind of strong pad, or firm body, such as will be described, interposed between the fingers and the part. From the groin, the artery proceeds in an oblique direction, downwards and inwards, and at about the middle of the inside of the thigh it lies close to the bone. This is the most favourable part for making a pressure upon it, because of the resistance of the thigh-bone behind. And, where there are opportunities of choice, as in

cases of wounds or operations *below* this part, this is the place which surgeons fix on for the application of the compressing body; it therefore deserves particular attention.

“ The course of the vessel is then *downwards and backwards to the HAM*; in the hollow of which, against the lower flat end of the thigh bone, compression may again be very successfully made, in all cases of wounds or operations below the knee joint. But *beyond* this part, compression must not be depended on; for, immediately below the joint, the artery divides, like that of the upper extremity, into three vessels, which are situated between the bones of the leg.

“ And now—suppose a wound to have happened by a pen-knife, or other thing, in the thigh, leg, or arm, and, a large artery being punctured, a violent bleeding should ensue—You have no tourniquet, but you clearly understand what has been taught on this subject.—How, then, would you act?—Undoubtedly you would instantly pull off your garter, or take the first piece of string or cord you could find; roll up your handkerchief hardy, and lay it on the trunk of the artery above the wounded part;

pass

pass the garter, or cord, over the handkerchief round the limb; tie a knot, leaving a proper space; and then twist the ligature by a piece of stick or cane, or any other firm body you could procure."

BLEEDING.

THE art of opening a vein, and the necessary cautions respecting the operation should be learned by every one; since cases of emergency may happen, where the necessity of its being performed is evident, and where life may be lost before a surgeon can be obtained.

Another qualification necessary to be possessed is, that of being able to stop the flow of blood from a vein thus opened. Obyious as are the means to be employed on such an occasion, I will risk the assertion, that there is no medical man who has witnessed a moderate share of practice, but who has met with an instance or two, where, if life itself has not been endangered, considerable injury has been occasioned by a waste of blood, from the

orifice opening afresh, after the departure of the surgeon; no one of the by-standers having presence of mind and intelligence sufficient to prevent the farther effusion. But a little attention to a few words will enable any one to perform the office of surgeon in this case.

The simple principle, with which the mind should be fully possessed, is, that the blood must cease to flow, if the orifice be closed. To accomplish this, let the thumb be slid on to the orifice, so as to bring its sides together, and to press it with a moderate force. The flow of blood will be now stopped, and the operator, now confident of the power he possesses, with the other hand cleanses the arm, while a little bolster of linen is folded by some by-stander, which he artfully introduces between the orifice and his thumb: over this he places another compress, of a thickness sufficient to fill up the hollow of the bend of the arm, confining the whole with a ribband or tape passed over the compress, and above and below the elbow, in the form of a figure of eight, finishing with a knot over the compress.

LEECHES.

LEECHES.

LEECHES may be employed in every case where topical bleedings are thought necessary, or where venæsection cannot be performed.

As these little animals are depended on for the removal of very dangerous diseases, and as they often seem capriciously determined to resist the endeavours made to cause them to adhere, I shall give a few directions, by which their assistance may, with more certainty, be obtained.

This useful ally to the physician, it may be remarked, is as little fond of the taste of physic as the physician can be himself. The introducing a hand, to which any ill flavoured medicine adheres, into the water in which they are kept, will be often sufficient to deprive them of life; the application of a small quantity of any saline matter to their skin; immediately occasions the expulsion of the contents of their stomach; and, what is most to our present purpose, the least flavour of any medicament that has been applied, remaining on the skin,

or even the accumulation of the matter of perspiration, will prevent them from fastening. The skin should therefore, previous to their application, be very carefully cleansed from any foulness, and moistened with a little milk.

The best mode of applying them is by retaining them to the skin in a small wine glass, or the bottom of a large pill box, when they will, in general, in a little time, fasten themselves to the skin. On their removal, the rejection of the blood they have drawn may be obtained by the application of salt externally; but here, for the sake of those to whom we are so much indebted, I shall remark, that a few grains of salt are sufficient for this purpose; and that covering them with it, as is sometimes done, generally destroys them. It sometimes happens, that the blood will continue to flow from the orifice made by a leech longer than is desirable; and sometimes children have been nearly lost from the inability of the attendants to suppress the discharge. A few words, therefore, descriptive of the method in which this should be done, cannot but be useful. The blood should be washed off clean, and the point of the finger pressed moderately hard on the orifice, when
the

the blood will cease to flow. A small compress may then be applied to the wound, which may be retained by the point of the finger, as long as the blood appears upon withdrawing the pressure. Remembering, that no more blood need be suffered to flow, than is thought necessary; since all that is required to prevent it, is patiently to persevere in the necessary pressure.

SCROFULA.

FOR reasons sufficiently obvious, I shall not pretend to detail the various symptoms of this disease, or to lay down a plan of cure. I shall, with the confidence of being much more usefully employed, point out the injury which arises from neglecting to adhere strictly to the advice of the surgeon, as to one particular circumstance, in the most dreadful forms of the disease.

THE CURVATURE OF THE SPINE, which is accompanied by a carious state of the vertebræ, and which, if not timely remedied, is succeeded
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by palsy of the lower extremities, is a calamity over which the surgeon has such considerable power, as frequently to effect a cure, in cases of a most deplorable appearance. But in hardly any case whatever does the surgeon more require the auxiliary aid of parental attention and resolution; since, let him be ever so well assured of the effects of the remedies he employs, he cannot expect a favourable termination of the disease, unless the diseased parts are preserved in an absolute state of rest during the whole of the cure. Let it be recollected, that the spine or back bone forms the grand prop or stay of the animal machine; that the *vertebræ* of which it is composed bear the weight of all the parts which are superior to them; and that, in this disease, these component parts of this chief supporting pillar of the structure is in a soft, crumbling state—Common sense will then say—If you attempt a cure, never permit the weight of the body to be thrown on the spongy, distempered parts, either in an upright or sitting posture, but let the patient be constantly kept in an incumbent posture, on a bed or mattress. From want of attention to this injunction, as every surgeon knows,

knows, the failure of relief in these cases, may frequently be attributed,

INFLAMMATION OF THE HIP AND KNEE JOINT.

THESE dreadful calamities, known by the names of Hip Cases and White Swellings, might frequently be prevented, if parents were but aware that they may in general be traced back to some painful affection of the part which may have occurred some weeks before any lameness was perceived. Painful affections of these parts, therefore, should be seriously attended to, as by the early and vigorous employment of appropriate means, the disease may be removed in this, its first stage.

But should these have been neglected, or have been unsuccessfully employed, still a cure may be hoped for, but not unless, as in the former case, the diseased parts are kept constantly rested. What expectation of cure can be entertained, whilst the diseased parts are forcibly grated together? Who, to make use of
a homely

a homely comparison, would set the wheels of a watch in motion, whilst in a state requiring the help of the artist?

FRACTURES OF THE LIMBS, AND INJURIES OF THE HEAD FROM EXTERNAL INJURIES.

PRESUMING that the injurious interference of domestic practitioners in those cases which belong to this section, is not to be expected, I shall here confine my admonitions to those points which are necessary to be attended to by the patient and his friends, during the first moments of the accident.

If, in consequence of a fall from some high place, or by any other accident, a considerable degree of injury appears to have been received; the sufferer being unable, in consequence of the deprivation of his senses, to point out the injured part; some consideration and attention is necessary, before any attempts are made, even to raise him from the ground. Should a fracture of one of the bones, either of the
upper

upper or lower extremity, have happened, and not be suspected by his assistants, their exertions to raise him, and to place him on his feet, might force the fractured ends of the bone through the soft parts, and convert a mere simple fracture into a very dangerous compound one. The limbs, therefore, with a view to this circumstance, should be carefully examined; but even if they seem to have sustained no material injury, yet should the patient not be precipitately raised, until something be provided, on which he may be placed: as thereby unnecessary, and perhaps injurious, exertions are avoided. As it will be fair to conclude, from the deprivation of the senses, that the brain may have sustained some injury, great care should be taken, that whilst he is conveying to his apartment, and whilst laying in the bed the head be kept moderately raised, and that on no suggestion whatever, any spirituous drinks be given to him.

The necessity of the latter caution, from the difficulty it may occasion in forming an opinion of the nature of the injury, will be made evident by the following case. A lad of twelve years of age fell from a hay-loft about twelve feet

feet from the ground, and was brought to his parents about an hour after the accident, almost insensible: it was with difficulty he was roused to answer a question, and then immediately relapsed into a senseless state; after having laid in this state about ten or twelve hours, the surgeon first saw him: he then complained of extreme pain in his head, and sickness at his stomach, relapsing between whiles into a state approaching to insensibility.

Here appeared to be present several of the most characteristic symptoms of serious injury to the head; the surgeon, therefore, had begun to apprise his parents of his apparent danger, when the boy threw a little matter off his stomach, which smelt strongly of spirits. He was immediately well drenched with warm water, until what he rejected no longer smelt of spirits. He then fell asleep, and awoke perfectly well in a few hours, the brain having sustained an injury, not from the fall, but from a bumper of brandy, which had been given to him by one of the by-standers, as a cordial, when he was first taken up.

But should it be discovered that a leg or thigh is broken, the aid and directions of a surgeon

surgeon should, if possible, be obtained, for his removal; but if this cannot be the case, the following rules should be observed.

1. That he be not stirred until a proper vehicle is procured, on which he can be placed.

2. This, if nothing more proper can be had, may be a door, a shutter, or two or three planks well secured together.

3. To place him on this, two persons may raise him, by means of a sheet slid under his hips, whilst one or two raise him by the shoulders; one person raising the sound leg, and one, the most intelligent of his friends, conducting the fractured limb.

4. In moving the fractured limb, the object which should possess the mind, should be, that the divided pieces of the bone be kept as much as possible in the same line, lest the fractured ends pierce through the soft parts.

5. If a pillow can be obtained, the broken limb should be placed on it; and, if it appear to be preferable, previous to his being raised.

6. When placed on the litter, he should be a little inclined to the same side of the injured limb, which, if circumstances will admit, should also

also be laid on the side, and with the knee a little bent.

7. The best mode of conveyance is undoubtedly by two or four men, in the manner in which a sedan chair is carried. A cart, or even a coach, should never be employed, where the mode just recommended can be adopted.

8. As the patient will be under the necessity of laying some time without getting up, a mattraß should be laid on his feather-bed, or, if that cannot be had, two or three long and wide boards, joined together, may be placed under the feather-bed. If this can be done before he is first laid down, much subsequent pain and exertion will be prevented.

If the arm be broken between the elbow and the wrist, the arm should be bent at the elbow, raising the palm of the hand to the breast, with the fingers moderately bent; the thumb being superior, and the little finger inferior. In this state it may be retained by a sling or handkerchief, supporting it from the elbow to the fingers ends.

When the arm is fractured between the wrist and shoulder, the fore arm may be placed in the same position as already described; but the
 sling

fling, instead of supporting the whole length of the arm, should only support the hand, which should be raised higher than in the former case, the elbow being allowed to sink; its motion, however, being prevented, by a handkerchief passed moderately tight round the trunk, including the fractured arm.

I HERE conclude the task allotted me, hoping that, notwithstanding its imperfections, this little work may prove of real utility.

Your candour will, I trust, prevent you from inferring from my philippics against domestic quackery, that it is my wish to lessen the diffusion of useful knowledge. Indeed, on the contrary, I am confident that the best, and most effectual mode of checking the career of empiricism would be, by more frequently admitting the study of anatomy, physiology, pathology, and chemistry, as part of a liberal education.

Possessed of some knowledge of the structure, of the uses, and of the laws of action, of the

various parts of the human body; and apprised of the considerable difference between diseases of similar appearance, few would be disposed, except where error seemed impossible, to prescribe for themselves, and lose the advantage of that aid which they might expect from those who had passed their lives in the study of the healing art. In farther recommendation of the study of these sciences, I must observe, that, independent of the advantages just mentioned, anatomy and chemistry would furnish the inquisitive mind with the most curious and interesting facts; and would prove a source of rational and instructive entertainment. So obvious, indeed, is this, as to render it surprising that gentlemen, not of the profession, should not more frequently avail themselves of the opportunities of acquiring this kind of knowledge, in the pleasant and expeditious manner in which it is offered them, by the public lectures on these various branches of science. Nor is so much previous knowledge necessary as is in general supposed, the perusal of Dr. Gregory's *Œconomy of Nature*, and of the *Medical Extracts*, would supply all the information necessary to render the comprehension of

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the doctrines laid down in such lectures perfectly easy.

To those who may wish to obtain more accurate knowledge respecting diet and regimen, the lectures, published on these subjects by Dr. A. F. M. Willich will be found highly useful. And it is with pleasure I state, that very ample directions to nurses for the management of the sick, in these respects, may be expected soon from Dr. Hamilton, Physician to the General Dispensary.

From a fear lest what I have said against indiscreet attempts to *harden* children, as it is termed, should not appear sufficiently convincing, I cannot refrain from earnestly recommending to parents the perusal of Dr. Darwin's excellent Essay on the Education of Females.

As the exemption from the small-pox by the inoculation of the matter of the cow-pox, may still be considered as a subject of experiment and investigation, it cannot with propriety be dwelt on in a work of this kind. The farther experiments of Dr. Jenner and of Dr. Pearson, with those which, I trust, will enrich the second volume of Dr. Woodville's excellent History of Inocu-

Inoculation; will, I hope, clearly shew how much may be expected from this most important discovery.

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Your's,